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EVERY WEEK!

Reveal

**ZAYN BEGS PERRIE TO SET
A WEDDING DATE**

**PETE WEDS
HIS 'ONE
TRUE LOVE'**

**COLEEN
SHOWS
OFF HER
NEW
BABY
BUMP!**

**KERRY & BRIAN
COMFORT EACH OTHER
OVER MARRIAGE SPLITS**

**... and George
is jealous!**

BEST FOR TOWIE EXCLUSIVES

*Bobby on THAT row...
'Gemma's broken
my heart – this feels
like divorce'*

**'I LET MY VAMPIRE LOVER
FEED ON ME'**



18-24 JULY 2015

"There's more to life than hair but it's a good place to start."



AUSSIE

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ROCK'N' ROLL
HAIR



STEALING THE SHOW FOR ALL THE WRONG REASONS

Simon Cowell appears to enjoy the one-upmanship among the female judges on his TV shows – indeed, we suspect he encourages it, as it generates headlines for the show.

So, when we heard that he'd appointed Rita Ora to sit alongside Cheryl Fernandez-Versini on this year's *X Factor*, we wondered how it was all going to pan out.

Rita is a canny operator, who mingles with the A-listers and makes a point of wearing outrageous outfits. How, we wondered, could the increasingly private Cheryl compete with the fame-hungry young star?

So, all eyes were on them last Wednesday when they made their *X Factor* debut together in Manchester. Rita, as expected, pulled out all the stops in screaming scarlet, with matching thigh-high boots and platinum hair extensions.

Cheryl turned up in black. But there was no contest as to who made the biggest impression. Poor Cheryl has been grieving the death of her father-in-law – and shocked fans by showing how much weight she's lost.

Quite rightly, Cheryl's had a go at those who've said unnecessarily nasty things about her new look – but then, wearing a tiny crop top and baring her midriff was a bit of a mistake if she didn't want to invite comment on her body. (She's been around the block enough to know this is part of being a female judge in the *X Factor* circus.)

And, to be honest, like many fans who have commented on our social media sites, we are concerned to see Cheryl looking so fragile. We send our condolences for her loss, and hope she gets back to her gorgeous fighting weight soon.

Turn to page 68 for the new *X Factor* line-up



Cheryl's looking XXXS on *X Factor*



Less isn't always more!



Rita rocked up in bright red

Photos: Barcroft USA, Getty Images, Corbisphoto.com, Rex Shutterstock, Solo Syndication

INSIDE YOUR REVEAL THIS WEEK...



30 Giving blood takes on a whole new meaning!



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55 Happy hippie looks

Kerry turns AS MARRIAGE

With their marriages breaking down last week, exes Brian McFadden and Kerry Katona lean on each other for support...

We never thought we'd see the day: former feuding exes Kerry Katona and Brian McFadden are back on friendly terms – just as both their marriages end.

Last week, Kerry kicked her third husband, George Kay, out of the family home after just nine months of marriage, while Brian and his second wife, Vogue Williams, announced they were divorcing a day later.

It's thought the Atomic Kitten singer had had enough of George 'going missing' and failing to support the family.

But, in a strange twist, we've learnt that George, 34, became jealous of Kerry and Brian's renewed friendship and accused Kerry, 34, of still having feelings for her ex.

Since divorcing in 2006, Kerry and Brian have barely spoken, so we were sceptical of George's thought process.

However, we've since discovered that in recent months, Kerry and Brian, 35, are back on 'good terms' for the sake of their daughters, Molly, 13, and Lilly-Sue, 12.

'George and Brian actually get on pretty well, but George went mad when he heard about Vogue and Brian splitting at the same time as him and Kerry,' our source told us.

'He accused Kerry of carrying on with Brian behind his back, and even said Brian tried to befriend him just so he could get closer to her.'

'Kerry's totally dismissed this. It's sheer coincidence that they split with their partners within 24 hours of each other.'

Before their break-ups, Brian and George had started following each other on Twitter, even striking up a friendship, tweeting soppy messages to each other on Father's Day.

The Westlife singer tweeted George saying, 'Happy Father's Day @mrgsjkay thanks for keeping our family together! You're a great man.'

George replied, 'Happy Father's Day buddy... It's a joint effort... The girls are lucky

BRIAN & KERRY'S LOVE

We can't help noticing a pattern emerging in the pair's relationship make-ups and break-ups...

2002 Pop star sweethearts Brian and Kerry marry. It later emerges he cheated on her with a lap dancer on his stag do.

2004 Brian files for divorce from Kerry, leaving her and their two daughters for former *Neighbours* actress, Delta Goodrem.



Brian and second wife, Vogue, have called it quits



The ex-pop stars married in 2002

to Brian

NO.3 COLLAPSES

to have two good men they can call dad. See you soon pal x.'

However, with Kerry and Brian's friendship blossoming just as their marriages break down, an insecure George is now less than thrilled by it all.

We're told, 'George went AWOL for two days last week after Kerry kicked him out, then, when Brian and Vogue announced they'd split, George sent Kerry messages ranting about Brian.'

GEORGE'S MARITAL AND HEALTH STRUGGLES

As Molly and Lilly-Sue had grown close to both George and Vogue, 29, Brian and Kerry are supporting the kids, and each other, as much as possible.

The source continues, 'It's been years since Kerry's got on with Brian, but they recognise they need a friendship for their children's sake, and they're trying to help each other.'

'They started speaking over Christmas and things have been going well since then – it's all been very amicable.'

'Brian's been able to call by the house, and it's made the girls a lot happier.'

Kerry chucked George out of their £3,500-per-month rented house in Oxfordshire after a row last week.

Later the same evening, George – who was detained under the Mental Health Act last year – is said to have ended

up in hospital after 'suffering an episode' at his hotel.

Twice-divorced Kerry – who is mum to their 13-month-old daughter, Dylan-Jorge [as well as to Molly and Lilly-Sue and Heidi, eight, and Max, seven, by ex-husband Mark Croft], then deleted their wedding pictures from her Facebook account.

The former rugby league player – who's removed 'Kerry Katona's fiancé' from his Twitter biography – suffered the equivalent of three heart attacks last year after taking sleeping pills with alcohol.

Then, in a bizarre interview in May, George described their marriage as 'tough', adding, 'Marriage isn't what I thought it would be. In my darkest moments, I've wondered if we should even be together.'

But the latest rows seem to be the final straw, with our source telling us, 'Kerry is resolute that this time it's definitely over and she won't be taking him back.'

'She now has five kids on her own and needs all the help she can get, which is why she's turned to Brian.'

'She's understandably upset that her third marriage is over, but she's had so much drama in her life, she can't take any more.'

Rebecca Greenow

E LIVES MIRROR EACH OTHER!

Feb 2007 A year after her divorce from Brian, Kerry married her mum's drug dealer, Mark Croft, which she later admitted was a rebound. They had two kids, Heidi and Max. Meanwhile, Delta and Brian get engaged.

2011 Brian and Delta announce they're splitting five months before Kerry and Mark finalise their divorce.

2012 Brian announced his engagement to Vogue after eight months of dating, and they married in Italy in September. Just three months later, Kerry begins dating George, who she later marries.

2015 Kerry and Brian separate from their spouses within 24 hours of each other after renewing their friendship.



A SUM *yummy*

Mother-of-two Coleen Rooney has announced that her and footballer hubby Wayne Rooney are expecting their third child together.

Taking to her Twitter account, the gorgeous 29-year-old, who has just recently celebrated seven years of marriage to the Manchester United star, said, 'Baby number 3 is on the way... January! We are so happy and excited.'

Coleen and Wayne, also 29 – who were childhood sweethearts in Liverpool – are already parents to sons, Kai, five, and two-year-old Klay.

The Scouse WAG sparked pregnancy rumours when she was snapped in a bikini along with a tiny baby bump on a sunshine break to Barbados earlier this month and doesn't she look fab in this picture, taken last week?

MUM-TO-BE KIM

She may be five months pregnant but Kim Kardashian West sported a tight-fitting white dress for a day out with sisters, Kourtney and Khloé Kardashian. Despite struggling with pregnancy weight gain the first time round, she appears to be confident in her changing figure this time.

Kim, 34, who is mum to two-year-old North with rapper Kanye West, announced that she is due to give birth to a baby boy in December, as she tweeted, 'You're such a good daddy to North & you will be the best daddy to our new son too!'



Stylish singer
Sophie is
pregnant with
baby No.4



Figure-hugging style
for expectant Kim

Coleen started to
show a baby bump
in the Caribbean

MER OF *mummies*



CUTE BUMPS

Since announcing that she was expecting her fourth child in May, Sophie Ellis-Bextor has started to show off her blossoming baby bump.

Sophie, 36, looked effortlessly elegant in a black smock dress at a Vivienne Westwood fashion launch in London, although husband Richard Jones – with whom she shares sons Sonny, 11, Kit, six, and Ray, three – wasn't there.

FRANKIE'S THEATRE NIGHT

Two months away from giving birth for a second time, Frankie Bridge looked the epitome of pregnancy chic, as she posed backstage at a showing of *Mrs Brown's Boys* last week.

Showing off her baby bump in a fitted white top and black skinnies alongside sister Tor and show star Brendan O'Carroll, Frankie, 26, who already has 21-month-old son Parker with footballer Wayne Bridge, looked radiant once again, despite her struggle with morning sickness.

TENNIS FAN KATHERINE

Forever the fashionista, Katherine Jenkins gave a glimpse of her gorgeous pregnancy



Frankie with sister Tor and *Mrs Brown's Boys* star Brendan O'Carroll



Expectant Katherine visited Wimbledon

style as she dressed up for a recent trip to Wimbledon with her husband Andrew Levitas. Katherine, 35, wore a pretty blue gown teamed with a white blazer to flatter her figure, as it fell perfectly over her growing tum.

The opera singer, who recently performed her last show before the arrival of their baby, revealed the news back in April in an Instagram post which read, 'Couldn't be more excited to meet our little girl!'



Party time for Nelly, and (below) with mum Billie

SO PROUD OF OUR BABY GIRLS

Glammiest mum in Essex Billie Faiers recently dolled up for daughter Nelly's first birthday, in scenes filmed for *The Only Way Is Essex*.

The pink-themed party was attended by a hoard of the 25-year-old's fellow co-stars including Ferne McCann, Tommy Mallet, Georgia Kousoulou, Mario Falcone, James Argent and Lydia Bright.

As well as gorgeous pictures of Billie holding an excitable Nelly giggling, the *TOWIE* star, who's engaged to 28-year-old businessman Greg Shepherd, also shared a super cute pic of her and her adorable daughter kissing, captioned 'the best kisses in the world'. Aww!

FLANNERS IS SO IN LOVE

Newest mum of the bunch Helen Flanagan has gushed non-stop about two-week-old daughter Matilda, and we don't blame her!

In pictures taken with Matilda, whose dad is footballer Scott Sinclair, actress Helen, 24, wrote, 'Can't believe how much she has grown already, treasuring every second with her. Couldn't be any more in love x.'

Check out the ex-*Corrie* star's daughter's nursery, which includes a Moses basket and giant pink flamingo.



Matilda's nursery, and (below) mummy Helen with her daughter



Instagram / @billiefaiersofficial

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ZAYN TELLS PERRIE: *set a date!*

They've been engaged almost two years and while Zayn Malik is keen to name the wedding day, it's fiancée Perrie Edwards who's dragging her heels



Insiders say Zayn would walk down the aisle tomorrow

Despite getting engaged in August 2013, and reports suggesting they've just bought a £3 million mansion together near London, Zayn Malik and fiancée Perrie Edwards are no closer to pencilling in the day of their wedding.

Perrie, 21, is in no rush to commit to a date, saying recently, 'I don't know when the wedding will be. We're still planning it but I'm so busy with Little Mix now.'

Sources close to the pair say Perrie is the one who's delaying things and Zayn, 22, is growing tired of waiting.

'Zayn wants them to set the date for their wedding so they have something to work towards,' reveals a source. 'He's not saying it has to be soon, but he believes if they set a date then they'll get things done.'

'Having it all drag on means neither of them is motivated to organise, because there's no deadline.'

Sources say Zayn, who left One Direction in April after five years with the band, would walk down the aisle tomorrow, but he's set the end of the year as a turning point and won't be happy if a date isn't set by then.

'He's tired of the waiting and has made his feelings on the matter pretty clear.'

Perrie dragging her feet has left Zayn understandably feeling deflated and upset.

'Zayn quit the band to live life a bit more,' says our insider. 'Perrie and their future did factor into that decision. He thought, with more time together, they'd start planning the wedding. Neither of them thought they'd still be engaged with no date set two years later.'

And with an A-list guest list to be invited, there are a lot of people who'll need to know the date well in advance as they have diaries to co-ordinate. The more notice the better, especially for some of their famous pals, who include *X Factor* boss Simon Cowell and partner Lauren Silverman.

'Zayn's not being interviewed constantly like when he was in the band,' says a source. 'But Perrie is, especially with their new single [*Black Magic*] out. And every time he hears her say there's no date set, it gets to him.'

'It's not a big deal for him and he doesn't get why they haven't set one yet.'

Kelly Jenkins



Perrie is busy with Little Mix at the moment

Photos: Splash, WENN

Reveal says

'It's usually the groom who's less than enthusiastic about weddings'



PETE WEDS 'one and true love'

Peter Andre's pulled out all the stops to ensure his big day was a classy affair... unlike his previous wedding to Katie Price

After Peter Andre finally disclosed that his plans to marry fiancée Emily MacDonagh were in full swing, the couple tied the knot in style last weekend.

The pair, who were introduced back in 2010 when Emily's surgeon dad operated on Pete, 42, chose the swanky Mamhead House wedding venue in Emily's native South Devon.

The opulent setting, which includes a Grade II listed castle and 164 acres, can seat up to 1,000 guests. And it sounds like the Andre wedding (his second, which took place exactly 10 years after he married first wife Katie Price in 2005 in a Cinderella-themed pink wedding at Highclere Castle in Berkshire) was a day to remember for all the right reasons.

FORGETTING HIS FIRST

An insider said, 'Pete went all out to make this wedding the complete opposite of his first one to Katie.'

'He has said to his closest friends, "I'm embarrassed looking back at the pictures and all the OTT nonsense of my first wedding."

'He was determined to make it more personal and meaningful this time. So he worked night and day in the run-up – including writing his own vows.

'A big part of what he said at the altar was a line which he felt summed up everything about their relationship... "Emily you are my one and only true love."

But this move away from the plan of his first nuptials is sure to make simmering tensions between acrimonious exes Katie and Peter boil over again.

'He knows people will see it as a deliberate swipe at Katie, but that's not why he did it. He thinks Emily deserved to be acknowledged that way on the most special day of their lives.'

And Pete didn't stop there with the personal, romantic touches to the big day.

'Pete also wrote his own song for Emily. He recorded a version as a wedding gift and even sang it live for her at the reception, fighting back the tears.

'The lyrics were really personal – all about not really knowing what love was until he met her,' a guest tells us.

TRADITIONAL AFFAIR

Sources say newlywed Emily, 25, was equally determined to make her special day a much classier affair than Pete had with Katie – which took place when Emily was just a 15-year-old schoolgirl.

'Emily didn't want any of the OTT drama when she arrived at the venue in her dress, she wanted understated and personal touches – with a real emphasis on class.

'She personally picked out all the wedding table centres and even helped make them so they would have the personal touch. She's very hands-on in that way.'

And Pete made sure to include Emily's family in their plans as much as possible, 'Pete made it an absolute priority that Emily's dad Ruairaidh was at the centre of the big day and respects him so much for allowing him to marry his daughter.'

From the off, Pete let it be known he was keen to make it a day to remember. 'Sometimes I can be quite impulsive, but I want to do this properly,' he said in June.

FAMILY AFFAIR

After Pete was spotted rubbing Emily's tummy on the red carpet days before the wedding, sparking pregnancy rumours (he did the same just before announcing she was pregnant with their daughter Amelia,

18 months, FYI) there was speculation that the wedding had been brought forward to accommodate the suspected pregnancy... Which explains the somewhat impulsive pull-forward from the original plan to marry next year.

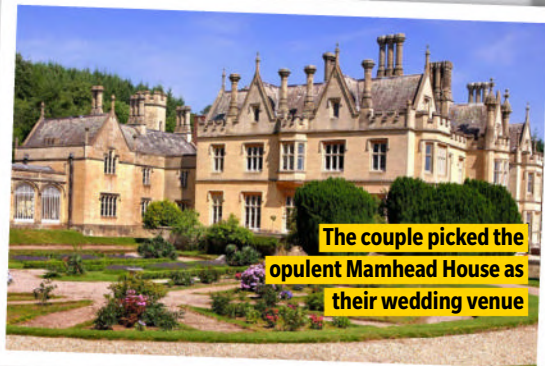
Even Emily didn't rule out being a pregnant bride, admitting last year, 'That could happen, Amelia was a surprise!' while Peter joked, 'It would be a shotgun wedding all right – her dad will come at me with a shotgun!'

'Emily's family are a massive influence on her and, even though they were surprised by the speed of the wedding, they were 100 per cent behind it,' the insider reveals.

'They are very traditional and Pete wanted to do the right thing and prove to them he wasn't going to string it out and make their daughter wait. So they really approve of the fast track approach Pete has made.'



HIS ,only



The couple picked the opulent Mamhead House as their wedding venue

The couple also decided not to see each other the night before the wedding.

Pete wrote a letter for Emily to read the night before the wedding saying how much she's turned his life around, and she's had a personalised dressing gown made up for him with "Groom" on the back.

They also picked their own song list for the disco – Emily insisted that *Mysterious Girl* was played for a laugh!

Emma Hunt

A smitten Pete couldn't wait until next year to marry his beautiful bride



Pete says he feels embarrassed when he looks back at pics of his first wedding

He also headed out on his stag do with his brothers and close pals





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KYLIE'S BLUE OVER TYGA 'CHEATING'

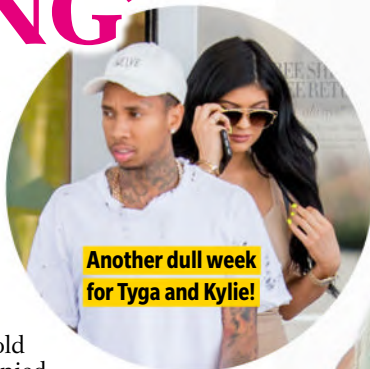
She may be the youngest of the Kardashian Klan but Kylie Jenner's at the forefront when it comes to experimenting.

Last week, she unveiled new ice-blue hair at a Hollywood launch.

It's not the first time she's dyed her locks blue – her half-sister Kim Kardashian West was mad when she did so before her wedding to Kanye West last year.

But the hair still didn't distract from Kylie's ever-expanding bosoms, although the 17-year-old still denies having implants (then again, she denied lip fillers for months, too, before coming clean).

Meanwhile, boyfriend Tyga, 25, has denied cheating claims after allegedly sending a naked photo of himself to transgender model Mia Isabella. But he admitted that the picture is authentic, and the FBI are now investigating whether it was leaked.



Reveal celebs



Claire in 2012 and (right) the singer last week



LOOKING GOOD, CLAIRE!

How great does Steps star Claire Richards look in this blue lacy number?

The singer, 37, has struggled to keep her weight down since the band first split in 2001, yo-yoing from size 8 to size 20.

Now she's lost over 6st in the past year, but admits it's a 'daily battle' to keep the weight off.

She said, 'I hope I've broken the [yo-yo dieting] cycle but there's always a possibility that I could be a size 16 again in a year's time.'

'Portion sizes have always been my downfall.'

Rebecca Greenow



Cryptic tweets: Has Sheridan left Greg?

SHERIDAN'S 'LOVE SPLIT' RANT

BAFTA-winning actress Sheridan Smith left fans wondering whether she'd split with rumoured fiancé, Greg Wood, after ranting about an 'idiot boy' who broke her heart.

Sheridan, 34, and *Hollyoaks* actor Greg have been dating for a year, but a series of angry tweets by the *Cilla* star suggested it was all over.

She wrote, 'Just been hurt by an idiot boy again but not gonna lower myself to his standards. Onwards & upwards! Homeward bound! Can't wait to see my dogs, loyal as anything.'

The actress then seemed to deny she was referring to Greg by telling a fan, 'Who said it was about Greg?', but continued to retweet another comment, 'A guy who pulls Sheridan Smith and blows it must be so deep in the closet he's in Narnia.'

Dad-of-two Greg had secretly separated from his wife of 10 years, Catherine, when he started seeing Sheridan.

'WE WERE L

Reveal scoop *with*

A heartbroken Bobby Norris talks to us about that row with Gemma Collins

He's the loyal friend who has stuck by *TOWIE*'s resident diva through thick and thin. Forever by her side, Bobby Norris was Gemma Collins' BFF, and the pair were one of the show's favourite double acts.

But, when we meet up with Bobby following his explosive row with Gemma, the normally bubbly, larger-than-life star looks shaken.

'I'm still in shock,' he says. 'Gemma has broken my heart. At the moment, the friendship is over. She's blocked me on Twitter and WhatsApp and told people she never wants to speak to me again.'

I feel like I'm grieving a friendship – it feels like a break-up. I don't think it's salvageable. Not unless she picks up the phone and apologises.'

The pair rowed at a pool party during a heated argument between Gemma, Lauren Pope and Vas Morgan, when Gemma dropped Bobby in it by telling Lauren about an impression he'd done of her. Bobby accused Gemma

of Gemma

'She's pushed me too far this time'



Oh, shu' up! We can't believe Essex's hottest BFFs aren't speaking



LIKE A MARRIED COUPLE 'bout the sex'

of 'throwing him under the bus' and all hell broke loose. The scene ended with Gemma throwing a drink over Bobby and storming off. 'I ended up smelling like a cheap glass of Sauvignon Blanc,' said the former hairdresser in a later episode.

It's the most explosive row the pair have ever had, and it looks like it will mark the end of their three-year friendship. 'I felt let down by Gemma at the pool party,' says Bobby. 'I was shocked. It was a horrible feeling. She made it sound like I was bitching about Lauren, running around doing impressions of her and I'm not a bitchy person. There was no malice in the impression I did. It was prompted. It wasn't my idea. What Gemma did showed a lack of loyalty. As soon as she realised the conversation wasn't going the way she wanted, she threw me under the bus.'

It was made worse by the fact that Gemma, 34, had apologised for taking Bobby for granted just two days before, during a ceremony where she said goodbye to her alter ego 'GC' – her name for her more demanding, bossy, diva-ish side.

'It's very hard to know where you stand with Gemma, because she can just flip,' says Bobby, 28. 'I stood in her garden and burnt the GC, and she said sorry for the way she's treated me. Fast forward just a couple of days, and I was on the end of GC's wrath. It's the biggest and most

explosive row I've ever been in. I'm still in shock about it.'

Gemma took a break from filming the ITVBe show recently, following a bust-up with producers. She reportedly threw a drink over crew members during a heated row, and was absent for three episodes after being reprimanded for her behaviour. On her return, Gemma said she wanted to change her ways, but the turnaround was short-lived. And even her loyal best friend thinks it's time she reined in her behaviour. 'Enough's enough. There's only so much a best friend can put up with, and she's pushed me too far this time,' says Bobby.

Despite their current stand-off – both believe they're owed an apology and refuse to back down – Bobby admits he's devastated their friendship has ended like this. 'We were incredibly close,' he says. 'We were like a married couple without the sex. We'd share a bed, bath in front of each other and spray-tan each other. We fight and make up quicker than a Louboutin sample sale selling out, but this time, it's different. It feels like a divorce.'

'Falling out over the Lauren impression does sound relatively insignificant, but it was the straw that broke the camel's back. Like so many relationship break-ups, it was the accumulation of a series of events.'

Going forward, Bobby says Gemma needs to drop her diva-like behaviour and ditch GC for



good. 'When Gemma's being herself, she's very different,' he says. 'She's very much the girl next door. When she's in GC mode, she can be a total diva. She likes things being done for her. If she wants a drink, she'll ask someone to go to the bar for her. She likes to be looked after and I'm as baffled by it as anyone. I don't know anyone who justifies their behaviour by having an alter ego. It's very weird.'

He added, 'I'm saying this for her own good. I really care about her and I want our friendship to be balanced and healthy. I'm used to sharing a bed with her, so to not even be on talking terms is bizarre!'

Bobby hasn't ruled out making up with his former BFF and admits he misses her.

'I'm more upset than angry,' he says. 'Gemma's like the big sister I've never had. It's really sad when you can't pick up the phone in the morning and call your mate.'

And, despite the fact they're not speaking at the moment, Bobby is hopeful Gemma will call him when she's cooled off.

'In an ideal world, Gemma would pick up the phone and say, "Babe, let's go and have a glass of rosé and sort it out."'

But he is adamant he won't be the one to back down first. 'I need a break from Gemma and she needs to realise I need more respect,' he says. 'I'm not going to be the one to hand out the olive branch – I'm olive-branched out! I would think far more of Gemma if she came to me and held her hands up. I think it's a good measure of someone's character if they can admit when they're wrong.'

Kelly Jenkins





DANIELLE ARMSTRONG & JAMES LOCK

'My little sixth sense tells me these two will be back together soon. I think the break will do them good. Lockie will really appreciate what Danielle means to him. They clearly still love each other and I love them together. They've always been one of my favourite couples. I've got my fingers and toes crossed for 'em. I even think they might get engaged this series.'



FERNE McCANN

'Ferne is single and loving life. She had all that drama with Tommy Mallet and the things he said to her, but she's a strong girl so she'll be fine. Tommy was protecting Georgia when he had a go at Ferne. Georgia means the world to him – those two are a really sweet couple. Things were said that weren't the nicest things to say to a woman, but I think his heart was in the right place.'

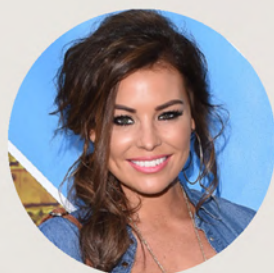


LYDIA BRIGHT & JAMES 'ARG' ARGENT

'I think these two will definitely be engaged before the year is out. This could be the year of the *TOWIE* engagement! Arg slipped off the wagon, but Lydia is standing by him. They had their seven-year anniversary the other day and they seem really happy again.'

CHLOE LEWIS & JAKE HALL

'The hard thing with these two is they got together so young and have been together so many years, they were each other's first loves. When that's the case, you either grow together or grow apart, and they've obviously got their issues and troubles. There seems to be quite a few dramas with them. I think living together will certainly be make or break for them.'



JESS WRIGHT

'Jess is loving single life. I think she's so beautiful. I love Jess to bits. She's such a sweet girl and I'm loving that she's in a good place. She's dating and she's got a lot of holidays planned – she's happily playing the field at the moment. I don't think she'll be single for long because there's a queue of men wanting to take Miss Wright out! If I weren't on the Bobby bus, I'd be wanting to, as well! I love people being in love and I tried to get my Cilla Black on with Jess and Pete [Wicks]. On paper, they seemed perfect, but there just wasn't that spark. If it's not there in the beginning, it ain't going to be there in 15 years when you're on Brighton Pier with your toffee apple.' *Jess' new model, page 18*

Bobby's LOVE PREDICTIONS

As *TOWIE*'s resident agony uncle, Bobby Norris is used to dealing with the highs and lows of Essex romances. Here, he gives his verdict on the show's current couples and sexy singles...

And Bobby's on the lookout for love, too!

'I'm single at the moment but I do want marriage and kids down the line. I always think, if you go out looking for it, you'll not find it. I'm in the frame of mind to start dating again now. I would date on the show, but the *TOWIE* curse does put me off! Going through one break-up on-screen [from Harry Derbidge] has made me nervous to dip my toe in the water again – once bitten, twice shy! I'd rather bring a partner to the show and introduce him once we'd started dating, rather than the show bringing in more gay characters and trying to set us up. I'd like it to be organic. I feel ready for love now.'

Kelly Jenkins



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Reveal *TOWIE*



Ricky who? Jess flirts with Christian, and Ferne's in tow, too



Rocking along Regent Street, the *TOWIE* girls flaunt their model escorts



Ooer! Christian cheekily pinches Ferne's bum. Wrong girl, young man!

JESS'S HOT *model man*

Just weeks after being spotted snogging a footballer in Marbella, Jess Wright has moved on with a hunky new fella

Despite making a hobby of mercilessly swiping left or right (mostly left, if we're brutally honest) on Tinder, one age-old dating dilemma still stands – should we be picking a bloke's personality over looks? Is a sense of humour more important than a rippling six-pack?

So, we were secretly pleased when *The Only Way is Essex*'s Jess Wright answered, quite frankly – no.

'I go for model types,' Jess, 29, recently, and shamelessly, told us.

And, just weeks after sharing a steamy snog with hunky Sunderland FC footballer Connor Wickham, 22, and a flirtathon with

TOWIE newbies Peter Wicks, 26, and Dan Edgar, 24, in Marbella, Jess was spotted playing yet

We can't understand what Jess sees in her new beau. GSOH?

another game of tonsil tennis. This time, her partner was male model Christian Williams, 24, at Wireless music festival in London last weekend.

We can hardly keep up...

An onlooker told us, 'Jess and Christian were all over each other. They were dancing really closely and kissing each other while watching Avicii. They didn't seem to care who saw them.'

And, despite not mentioning Christian, Jess also made it clear that she'd enjoyed the long weekend, tweeting, 'I can't decide whether I want a hug, six shots or three months of sleep!'

DOUBLE DATE

Their festival PDA follows on from the announcement that Jess's ex-boyfriend, Ricky Rayment, 24, is engaged to *Geordie Shore* star Marnie Simpson, 23.

The reality TV lovebirds have only been dating for six months, and sources have reported that Jess is 'unbothered' by the news – despite finding out, after they'd split, that Ricky had been planning to propose very shortly.

But whoever said revenge was a dish best served cold clearly didn't have an extremely hot, blue-eyed Versace model to hand...

And sparks clearly flew between Jess and Christian, who is signed to Select Models (the agency representing *Reveal* favourite

David Gandy), as the gorgeous twosome met for a date on London's swanky Regent Street just a few days later.

Jess also invited her *TOWIE* co-star and wingwoman, Ferne McCann, 24, who was happily snapped kissing Christian's pal.

Although we're not sure how happy Jess will be to see the pics of Christian taking his chances and pinching Ferne's bum!

KEEPING IT CASUAL

Jess has said, however, that she's keen to keep it casual with her Fashion Week fittie, who also dated Lindsay Lohan last year.

'I was recently dating Dan Edgar, and I don't want to get into that with anyone else at the minute,' she said.

'I'm just so happy being single at the moment, and I won't be settling until I find The One.'

Jess' representative declined to comment on the romance.

Lauren Hills



Jess' latest is male model Christian Williams (he always dresses like this)



Instagram: @christian_anno

IS JESS LEAVING *TOWIE*?

The Essex beauty is being forced to deny rumours she's considering leaving the reality show to explore other ventures.

'I'm not leaving *TOWIE*. It's just like a family and I'm used to it, it's my job. I've been in the show for five years now and I'd feel lost without it,' she said.

One thing is clear – wherever Jess goes, there'll be a queue of hot men following!

'I'M NOT THE B**CH PEOPLE THINK I AM'

We catch up with *TOWIE*'s gorgeous newbie, Verity Chapman, on boys, bullies, and why she's keen to build bridges with the girls...

With egos even bigger than their well-honed muscles and equally well-maintained blow-dries, you certainly have to up the ante or, indeed, ruffle a few feathers, to make a grand entrance on *TOWIE*.

And Essex's new resident flirt, Verity Chapman, did just that last week.

Not only did she charm the socks off newly-single James Lock (causing ex-girlfriend Danielle Armstrong to burst into tears #awks), Verity, 24, also finished off the evening by snogging fit fellow newbie Peter Wicks and having a slanging match with Jess Wright.

Now *that* is what we call a good Essex night out!

Yet, although we loved her grand reveal and were hoping for a new fiery diva to knock Gemma Collins down a peg or two, when we catch up with Verity she's surprisingly shy and sweet.

'I'm being portrayed as a complete b**ch, and that's really not the kind of person I am,' she says in her first exclusive interview with *Reveal*.

'I've found the last week really difficult because I'm getting lots of abuse online from viewers. People



Reveal says

'Verity definitely has the boys hot under the collar, but we think the girls will be tougher to crack!'

The natural beauty doesn't want to make enemies



Charmers Pete (left) and James both made Verity feel very welcome

Instagram/jameslock

really have the wrong perception of me.

'My flirting with James was innocent, and I didn't mean anyone to get the wrong end of the stick. I think the girls think I'm stuck up, which couldn't be further from the truth.'

MAKING AMENDS

London-born Verity, who has been friends with Vas Morgan for 15 years after meeting at a London drama school, says she is now hoping to build bridges with the girls.

'I met a couple of single guys on a night out [James and Pete], and I didn't know anything about James' relationship with Danielle. I've never even watched *TOWIE*,' she explains.

'I didn't mean to upset Dani. I hope we can talk about it and be friends.'

'I believe in giving people second chances, and I don't want to have enemies.'

After being approached by Jess in a local shopping centre in Sunday night's episode, and slammed for being 'disrespectful' to Danielle, Verity says she agrees with Jess's actions.

'I think Jess has every right to be involved. I hope my friends would stick up for me in the same way.'



Vas introduced his striking BFF to the show

BLOSSOMING ROMANCE

Despite not being popular among the girls, Verity, who is a part-time beautician and an actress, has found another comrade in Pete – and there could be romance on the horizon.

'Pete is a very good kisser and I definitely wouldn't mind kissing him again,' she laughs.

'I can't wait to get to know him. He's a really nice guy and I've been single for a year, so I'm open to a relationship.'

'Pete could be the right guy. At the moment, he's showing all of the rights signs, but you never know with men, do you?'

Photos Instagram, Splash News

SISTERS SUPPORT 'humiliated' Kourtney

Since a heartbroken Kourtney Kardashian dumped 'cheating' Scott Disick last week...

- Kim and Kanye have taken care of Kourtney and Scott's three young children
- More pictures have emerged of Scott partying with other women
- He misses his daughter's third birthday at Disneyland

Scott Disick is often regarded as the best thing on *Keeping Up With The Kardashians*, thanks to his witty one-liners and clever put-downs.

But as a partner, he's been a nightmare for Kourtney Kardashian.

While she's stuck by him through his endless partying and cheating allegations, last week Kourtney saw red.

Last week, we told you how Scott had been pictured getting cosy with his ex-girlfriend, stylist Chloé Bartoli, on holiday in Monte Carlo, while Kourtney was at home looking after their three kids, Mason, five, Penelope, three, and Reign, six months.

Then a few days later, a second picture emerged, showing partner-of-nine-years Scott, 32, sitting close to another brunette in a hotel room, surrounded by alcohol, cigarettes and prescription pills.

Seeing him with his arms around another woman was apparently the final straw for Kourtney, 36, and she's reportedly ended their relationship.

A source says, 'Scott's partying lately has made her make this tough decision.'

'Kourtney's always taken Scott back and been by his side, but now Kourtney has to do what's best for the kids.'

'Scott's been running around saying he's single. He hasn't been home after a month-long party binge and Kourtney dumped him after she saw the pictures [from Monte Carlo].'

Scott's struggle with alcoholism and his love of partying intensified after both his beloved parents, Bonnie and Jeff, died within three months of each other in 2013.

His job as a nightclub promoter, plus making personal appearances at clubs, hasn't helped matters, leading to arguments between him and Kourtney.

Even last week, after the pictures emerged, Scott's only response was to tweet, 'Come and party with me this week in Vegas'.

He then took down the post before cancelling his first post-split public appearance. This news came amid claims in the US that Scott had made a brief visit to rehab.

The reality TV star even missed his daughter Penelope's third birthday, a day out at Disneyland, California, with Kourtney said to be 'beyond crushed and furious' at his no-show.

While Kourtney's sister, Kim, and her daughter, North, were there, Scott simply posted a rather sad, self-pitying picture of Penelope, saying, 'One of the only things



Sisters united: Khloé, Kim and Kourtney



**Where's Daddy?
Kourt and birthday girl
Penelope at Disneyland
with North and Kim**

Scott & Kourtney's rocky road of love...

Scott was seen with his ex Chloé Bartoli and other women in Monte Carlo



2006 Started dating after being introduced by film producer pal Joe Francis.

2009 Two years into *KUWTK*, Kourtney found texts on Scott's phone to another woman, suggesting he'd cheated. Kourt - who was unaware she was pregnant with Mason at the time - dumped Scott.

Dec 2009 Mason was born and the couple reconciled.

2010 Scott popped the question - but Kourtney said no.

2013 Male model Michael Girgenti claimed he was the dad of Mason and Penelope. Scott took a paternity test to prove it wasn't true. Later that year, both his parents died and his partying started spiralling out of control.

Jan 2015 Scott denied reports that he and Kourtney had split.

Mar 2015 Scott checks into rehab for alcohol and drug addiction in Costa Rica on his return from a work trip in London - only to discharge himself a week later.



Kourtney and Scott in happier times

I'm proud of myself for. Happydayp.'

Couple that with friends saying Scott had put off returning home to face the music, it doesn't look like he's keen on making amends, either.

An unnamed friend said, 'It was one excuse after the other. He said, "I just need to stay away for another day to think things through," or "I already have my flight planned."

'The truth is, Scott's terrified. He was afraid to go and talk to Kourtney because he gets freaked out by confrontation.

'Scott's not in a place to apologise. He knows 100 per cent what he's done and the damage he's caused. He's not blind to that. But he doesn't want to face it.'

But while Scott's been shunning responsibility, Kourtney's been doing her best to put on a brave face, with the support of her family.

FURIOUS KIMYE

Kim and her rapper husband, Kanye West - who is said to be furious at Scott's abandonment of his family - took the kids to New York to celebrate Independence Day in the US so that Kourtney could have time to make a clear decision on her relationship.

Kim posted a picture of her nephew, Mason, with her daughter, North, on 4 July, saying, 'I'm so grateful our kids are BFFs.'

When Kim returned to Los Angeles a few days later, she and sister Khloé rallied around Kourtney, helping take her mind off things with a girlie day out.

Kourtney posted a selfie of the trio posing in matching white outfits, captioned, 'Can you have two aces? Well lucky me, I do.'

The girls also exercised together, with Kourtney tweeting a picture, saying, 'Sister workout sesh this morning in the rain.'

Kourtney's recently admitted that she and Scott sleep in separate bedrooms. And when she told him she was expecting baby Reign last year, an unimpressed Scott told her, 'You just keep suckering me into these kids. I can't handle all of this responsibility.'

With cracks already in the relationship, it isn't surprising they've split.

Filming is underway for the new series of *KUWTK* - but will Scott feature in it?

If so, he has a lot of making up to do with the close-knit clan, with even

Kourtney's step-brother, Brody Jenner, left unimpressed.

Last week, he said, 'Honestly, when I saw those pictures I just went "Uh-oh." I showed my girlfriend and just said, "This isn't good."

Rebecca Greenow

KHLOÉ'S NEW MAN

While Kourtney's finally booted Scott into touch, it appears a romance is blossoming for sister Khloé.

The 31-year-old star was last week pictured kissing NBA basketball player James Harden, 25 (right).

Like Kourt, Khloé split from hubby Lamar Odom in 2013 after he admitted to having a drink and drug addiction, which led him to cheating with other women.

She then she dated bad-boy rapper French Montana, who also admitted to 'not being exclusive' with Khloé.

Unlike Lamar and French, James doesn't seem to have any demons in his closet, so this one may be for keeps!



DANNIELLA GETS A *glam-over*

Troubled mum-of-two Danniella Westbrook has had a rough time lately, but she's looking back to her best out and about in Liverpool

It hasn't been the easiest few months for Danniella Westbrook. Axed from Channel 4 soap *Hollyoaks* before she'd even made her return to the show, she's also split from two toyboys, admitted she'd been taking cocaine again and made a shambolic appearance on daytime TV.

Yet, judging by these pictures, Danniella has once again picked herself up and brushed herself off.

The former *EastEnders* actress, 41, has been spending time in Liverpool with friends.

While there, she visited the hairdressers, went shopping and indulged in a spray tan – and the results are glam-azing!

Less than a month after giving an interview saying she'd tried to kill herself with cocaine after the breakdown of her relationship with Tom Richards, 25, Danniella looks like she's getting back on track.

Speaking about the dark moments since their break-up, Danniella said, 'I used cocaine. I was medicating myself. It's always been my drug of choice. I was using two to three grams a day, which was too much. It was enough to make my body shut down. That's what I wanted to happen. It nearly

worked. I wanted to die.'

And, when she appeared on ITV's *This Morning* in late June, she explained how she'd suffered a nervous breakdown.

Looking agitated, drawn and very thin, a clearly distraught Danniella said, 'Earlier this year, my sister-in-law came to my house and I was 7st 8lb. I begged her to help me. I had a nervous breakdown.'

Then came the axing from *Hollyoaks*, where Danniella was due to reprise her role as jailbird Trudy Ryan. The producers said she breached her contract before filming had even begun.

She was then rumoured to be engaged to new boyfriend Jude Moore, 21, after being spotted with a ring on her wedding finger – but that fling soon burned out.

It's not surprising Danniella was feeling low, but, if these photos are anything to go by, it looks like she's getting her mojo back.

Kelly Jenkins



After her tough interview



Leaning on friends after recent woes



Looking healthier in cut-off shorts

Reveal says
'It's about time Danni's luck began to change'

Working that spray tan in a cute LWD

Think you know how much these cost at Sainsbury's?



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It's impossible to tell the two apart!

Meet the real-life 'PARENT TRAP' TWINS

Long-lost sisters Anaïs Bordier and Samantha Futerman prove that you can grow up half a world away and still have everything in common...

Seeing her exact double on a YouTube video, Anaïs Bordier had an eerie sense that the woman on screen was somehow half of her. Anaïs, 26, who was born in South Korea and adopted by a Parisian couple, had always dreamed she'd had a sister. As an only child, she whiled away lonely hours with her imaginary friend, a sister called Anne.

But when a friend of hers spotted a woman who looked identical to Anaïs online, she desperately needed to know more.

After watching her doppelgänger appear in a trailer on YouTube, Anaïs did some thorough research and found that the woman with the face just like hers was called Samantha Futerman.

'I was waiting for someone to tell me I was crazy and I was imagining the whole story,' Anaïs says. 'But, in my mind, I was sure I had a twin sister.'

Anaïs made tentative contact with Samantha on Facebook – and the rest is history.

Samantha remembers the surreal moment she saw her face mirrored back at her online. 'I clicked on her Facebook picture and saw an image of myself, and I thought, "This is weird, that's not my page." And

I knew in my heart that we were twins.'

Samantha has starred in films such as *Memoirs Of A Geisha* and *Man Up*, as well as having TV roles in *Law & Order* and *Suburgatory*. She was raised in New York, but was living in Los Angeles when Anaïs sent her that first message.

By this point, Anaïs had moved to London to study fashion, and what followed was a transatlantic relationship that even Lindsay Lohan's twin flick *The Parent Trap* couldn't match.

The adoption papers the women had each been issued with stated that their mother was unmarried, their date of birth, and that they were only children. But they now knew that couldn't be true.

'My heart was racing. I was in a state of shock to have a sister,' Anaïs says.

After speaking on Skype, the pair arranged to meet in London. They were both so confident that they were sisters that they had no hesitation about making the 5,000-mile journey.

When they met, the physical likeness was even more striking. 'We spent five minutes comparing our teeth, our noses, our eyebrows and our ears and hands and everything,' says Samantha.

Despite spending 26 years apart, the two discovered they shared tastes in everything – from being Harry Potter

fans to having particular food dislikes.

The DNA test results confirmed what the girls already knew in their hearts. 'Everything we had hoped for and already knew was actually true,' Samantha says.

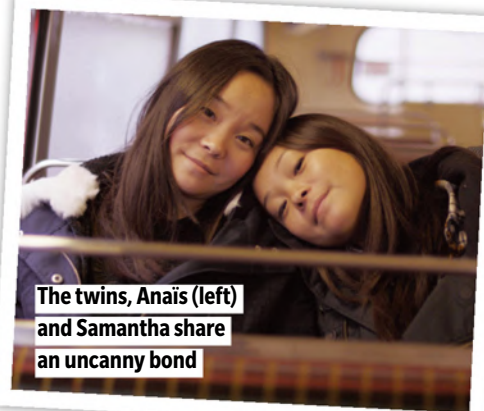
Since making the incredible connection, Anaïs and Samantha now split their time between London, Paris and LA. They've even been back to South Korea to visit the children's home where they were last together in 1987.

And they're determined to spread their message to other adopted children. They've nicknamed themselves the 'twinsters' and have made a documentary of the same name that premiered at the prestigious Sundance Film Festival earlier this year.

It's extraordinary to think that even misleading paperwork, thousands of miles and completely separate childhoods couldn't keep these two apart.

Anaïs and Samantha's story features on *The Secret Lives of Twins*, Wednesday 15 July, 9pm, ITV

Helen Nianias



The twins, Anaïs (left) and Samantha share an uncanny bond

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KATIE'S WEDDING WAR: ROUND TWO

Katie Price was embroiled in yet another wedding war, after she hit out at newlywed footballer Joe Hart and his wife Kimberly Crew recently.

Apparently unprovoked, she tweeted, 'All Harts go out to the married couple is he going to tell her the truth about us xx,' before later deleting the tweet.

It's thought Manchester City footballer Joe, 28, and Katie, 37, met briefly back in 2010, but there's no suggestion that Joe has been unfaithful to Kimberly, 32, the mother of his one-year-old son, Harlow.

But, last week, the row escalated when a source – thought to be one of Kimberley's friends – told a newspaper, 'Kim couldn't care less. She thinks Katie's a clueless bimbo. She has no concerns about Joe, and told friends, "In her dreams! She probably wishes she could get her hands on him, but she can't."'

And now Katie's fired back on social media, writing: 'Silly girls making silly comments, grow up & message me personally or, better yet, meet me and I'll shut you up. Bimbo GrowSome I (love) M&Ms.'

We're just dying to know what the M&Ms reference is all about...



...and round 3!

Katie Price also appeared to attempt to upstage ex-hubby Peter Andre's wedding last week, when she announced her new TV project – a spoof TV channel all about herself, called KTV – the very same day he married his love of three years, Emily MacDonagh, 25. She tweeted the National Lottery project with the hashtags #ExcitingNews #WatchThisSpace.



BOTTO

Justin Bieber got very cheeky on his holiobobs in Bora Bora, by surprising his 'Beliebers' with a revealing snap of his bare bum!

The 21-year-old star cheekily exposed his naked behind in a pic on Instagram, showing himself on board a boat, pointing to an island and captioned: 'Look!'

And it wasn't just his fans that were impressed with his derrière, as Miley Cyrus posted a slightly altered version of the pic to her Instagram.

There he appeared in more Kim K-like proportions, captioned: 'Bieber got back!'

Meanwhile, model Chrissy Teigen, 29, made sure her musician husband, John Legend, 36, followed in her footsteps, by flaunting his naked bod on Instagram while his back was turned. Naughty!

BENNIFER PART 2?

Jennifer Lopez's former publicist, Rob Shuter, says he's 'fascinated' to see whether she'll get back together with ex-fiancé Ben Affleck, now he's split from his wife of almost 10 years, Jennifer Garner.

Rob, who handled J.Lo's original split from Ben, 42, back in 2003, says he wouldn't be surprised if the ex-couple got back in touch with one another.

'Jennifer has had a pattern of going back to past romances. She dated Marc [Anthony], she broke up with him, fell head over heels for Ben Affleck and then, when they broke up, she ran back to Marc, and within months they're married,' Rob said.

He added: 'Would it surprise me if they talk to each other? They've got each other's emails and phone numbers. Would it surprise me if someone reached out... a text or an email saying, "Gosh, I read it in the newspapers, I'm pretty sorry".'

Rob, 41, who is now a host on VH1, even hinted that the pair could reunite as a publicity stunt, despite 45-year-old J.Lo's current relationship with toyboy Casper Smart, in time for the release of Ben's new film, *Batman v Superman: Dawn of Justice*.

'If there was a photo of Jen and Ben together, that just happened to hit the same weekend that his movie came out? I think the paparazzi would explode,' he said. 'They were a gorgeous couple who played into the attention.'

MS UP

The pic's captioned, 'Look! And we're sure the Beliebers are all looking



Bieberlicious! The boy wonder gets his bottom pinched by Miley

So that's why he's a Legend! Musician John is unveiled by his missus



IS CAITLYN'S GLOW DOWN TO LOVE?

Caitlyn Jenner exudes glamour and confidence in promo shots taken for her new E! series, *I Am Cait*, which follows her post-transition story.

Donning a navy-blue lace-backed gown, Caitlyn, 65, appears happy and glowing. But is it down to her new look, or a new love? Caitlyn is rumoured to be dating fellow transgender and actress, Candis Cayne, 44.

After meeting at New York Gay Pride in June, the two women reportedly spent the next few days in the Big Apple, enjoying a candlelit dinner, spa trip and Broadway show together.

'Caitlyn and Candis had amazing chemistry,' a source said. 'After her monumental life change, Caitlyn's ready to open up her heart again. And really, how could you ask for a more perfect person than Candis?'

'She's been through the same struggles and confusion, so she'd be the perfect person for Caitlyn to lean on as she goes on her journey.' *I Am Cait*, Sun 2 August, 9pm, E!

Caitlyn cuts a dash in glam outfits for her new series



IS THAT YOU, KENDALL?

We couldn't believe our eyes when we saw these pics of Kendall Jenner sporting a very different look.

Wearing a very modest bridal suit by designer Karl Lagerfeld, Kendall, 19, looked like a whole new person as she rocked an edgy short bob and bright make-up for the Chanel show at Paris Fashion Week.

Katherine Parkes, Emma Hunt

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fashionista

She's bitching her way round town bringing you what's hot, and what's really NOT. Remember, you read it here first



▶ Shirt dress, £42, Miss Selfridge

JOIN THE KHAKI ARMY

It started with *that* Topshop jumpsuit, and now every celeb has got in on the utility trend. It's perfect for summer in the city – and not just because the morning commute feels like a military operation. It looks as good with pale skin as it does with tanned, and even works with everything from neutrals to brights – how many trends can you say that about? Go head-to-toe if you're feeling it, or mix it up with nude and gold for an ultra-chic look.



▶ Bikini top, £17.99, New Look



▶ Shorts, £39, Monsoon



▶ Playsuit, £24.99, New Look



Cheeky!

Nicky Hilton forgot to check her rear view... or did she?



▶ £5



▶ £14

BRING ON THE BLING

My make-up collection's looking seriously swish right now – and before you ask, no, I haven't gone wild at the Harvey Nicks beauty counter again.

It's all thanks to Accessoize's 'could be designer' cosmetics line. Think faux rose gold lippies and an eyeshadow palette that wouldn't look out of place on a Kardashian's dressing table.

Available in selected stores now, from just £4.



▶ £7

Reveal *real lives*

Some women will do anything for love, yet most would draw the line at letting a lover feast on their blood. But for Blut Katzchen, this grisly practice is part and parcel of a satisfying relationship. The 28-year-old florist is known as a 'black swan' – someone who willingly lets vampires drink from their veins.

Blut, from Shreveport, Louisiana, USA, has spent the past 10 years travelling across the States to let men and women feast on her, and she sees nothing wrong with her grim fetish.

Surprisingly, she's not alone. A few months ago, the Vatican warned that vampire TV shows like *True Blood* and *Twilight* were leading to a surge of unorthodox sexual relationships.

Blut's fascination with bloodsucking began as a child when she discovered a book on vampires in her sister's bedroom. She's been completely obsessed ever since.

'It's a spiritual thing for me – to be able to give energy to someone is an extremely liberating feeling,' she explains. 'It's a release like any other release people seek.'

However, Blut says she needs to have a very strong connection to the person who is feeding off her – something she has found with self-proclaimed vampire Michael Vachmiel, 43, whom she started dating in October 2013, after meeting him at a vampire ball.

Blut takes the 250-mile trip to Houston, Texas, where Michael lives, several times a year to allow him to suck on her blood.

'Michael and I have a very intimate relationship and I trust him completely,' she says. 'Of course our bond is sexual too, but having sex and donating blood don't necessarily happen at the same time.'

Blut stresses that the bloodletting process is safe and respectful.

'I've specific tools that draw the blood for Michael to drink from my body. There are some risks involved, but we do everything we can to keep it as clean as possible,' insists Blut, who's screened for HIV and hepatitis C every six months.

Blut and Michael perform their loved-

Blut Katzchen is what's known as a 'black swan' – meaning she 'donates' blood straight from her body to her boyfriend

I let my vampire FE

'Vampire' Michael sucks girlfriend Blut's blood several times a year





My vampire lover fed on me



Suction cups are used to draw the blood out



'Afterwards I'm on a high for days,' Blut says about vampire bloodletting

up bloodletting in the bathroom, as it is the most sterile room in the house.

First, she makes a cut in her back or shoulders with a razor blade, before using a set of suction cups to draw the blood out. Blut sterilises her skin with alcohol before the incisions are made and Michael, a masseur, always wears gloves and uses mouthwash during feasting.

After making the cut, Blut lies on her stomach and has the blood drawn for a few minutes at a time. 'The cuts are about an inch long. It doesn't take a very deep cut to draw the blood,' she says, matter-of-factly.

When she first started 'donating', Blut was surprised at how quickly the blood flows. Generally, only a tablespoon is shed at a time, although on one occasion, she did give Michael half a cup of her blood.

Sometimes cleaning the wound can be

uncomfortable afterwards, she admits, but the process causes little pain.

'There are times when I will push myself just because I know it's something he wants,' Blut says. 'It doesn't take much of my blood for Michael to get his energy.'

Despite her desire to donate, Blut has no desire to be a vampire herself. For her, the thrill of bloodletting is about being submissive. 'It takes a very specific mindset to enjoy being a black swan,' she says. 'It's not about having all the power, it's about knowing that you're safe to give it up fully if you want to.'

Blut is also polyamorous, which means she has multiple relationships at the same time. But she doesn't give blood to all her partners. There has to be the right sort of connection, she stresses.

'With Michael it is an intensely spiritual experience, and afterwards I am on a high for days. Donating blood makes me feel energetic and much less emotional.'

'I've never had a bad experience, as I am very careful about the partners I choose and the way I practise,' she says.

Luckily, her family doesn't have a problem with her unusual way of life. 'They're a pretty eccentric bunch,' she laughs. But her ex-fiancé struggled with her passion for vampires and they split up.

'I've always been open about who I am, and if a guy's looking for straight-laced, that isn't going to be me,' says Blut. 'If you're getting something out of it and the drinker is too, then I don't see a problem with it.'

Michael couldn't agree more, 'There are many ways to get energy. But this is a more intimate way, and a ritual for vampires. We get the energy we need and the donor has their need to submit fulfilled, so it's completely consensual.'

Samantha Grillo & Lucy Benyon

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Reveal *festivals*

GADGET MAN

Half the fun of a festival is showing off your pictures on Instagram. But, before you even arrive, your battery's died and it's sad times. Cleverly, Latitude Festival (16-19 July) in Suffolk have teamed up with Music Angel to sell rechargeable batteries to festival goers – at £20, you'll have a weekend of full battery, plus proceeds go to a child poverty charity in Rwanda.

Home or abroad, there's a festival made just for you!

WHY NOT... HUG A LLAMA?

Ever been in the middle of a Chemical Brothers hardcore set and secretly wished you were petting a llama instead? Come to Bestival, Isle of Wight (10-13 September), to enjoy the 'Llama Karma' llama-hugging corner. Bestival's sister fest, Camp Bestival (30 Jul-2 August) in Dorset, offers horseback riding and a woodlanders' roost.

THE BEST OF *the fests!*

Hot tubs, beaches and llama-hugging – today's festivals aren't just about music and real ale...

SHHH...

There's nothing more hip than shunning a big festival for a low-key one. Festival No 6 (3-6 September) is set in an eccentric Italianate village in Snowdonia, where you can sway away to Mark Ronson. Or, for only £89, see Primal Scream at Y Not Festival (31 July-2 August) in Derbyshire.



Come to Portmeirion for groovy Festival No 6

WHERE TO STARGAZE

Celeb spot at Virgin Media V Festival (22-23 August). Mark Wright and Michelle Keegan are said to be having a second honeymoon at the Hylands Park site this year. Lovebox Festival (17-18 July), in London's Victoria Park, also attracts 'slebs'. You might see Millie Mackintosh sipping a Tia Maria espresso ice!



Coleen Rooney chilling in V Festival's Louder Lounge VIP area

SUNNY DELIGHTS

Croatia hosts some of the world's coolest festivals, and now comes Croatia Rocks (19-23 July). From the same people behind Mallorca Rocks, it's the year's newest, hottest festival – competition for Croatia Outlook Festival (2-6 September), famous for its incredible boat parties and wild concerts. No need to pack your Hunter wellies!

SPORTY SHINDIGS

If drooling over sexy surfer dudes, with their sunkissed skin and tousled locks, is your bag, then Wakestock Festival, on the north Wales coast (11-13 July), is a date for your diary next summer. Sit on the beach to watch wakeboarding competitions before partying at night.



Go wild in Wales by the sea

CHILL OUT!

After partying through the night at Wilderness Festival (6-9 August) in Oxfordshire, fly-fishing or archery could be the perfect hangover cure – it's not just hobbies for dads! Or how about a spot of fine dining followed by an evening in a hot tub under the stars?

Rebecca Greenow



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I WANT what she's got!

We show you where the celebs have been shopping this week

KIM SEARS

Kim sticks to white to support hubby Andy Murray at Wimbledon, and it's hot off the high street at Zara. This simple crochet dress was perfect to complement her big bouncy blow-dry. Thumbs up, Kim.



ZARA
£39⁹⁹



ROCHELLE HUMES

Wow, how amazing does Rochelle look in this printed maxi? Showing it off at the Very Big Catwalk show in Liverpool, she says, 'I love it because it's from my own collection so I designed it exactly how I wanted it. I like how you can roll up the long sleeves, and the side split in the middle, it's so vibrant!' We're big fans of this gorge frock, too, Rochelle!



very.co.uk
£79

VICKY PATTISON

Ex-Geordie Shore girl Vicky shows off her waist in this mint cut-out frock from her very own VIP collection at honeyz.com. Loving it, Judge Georgie!



HONEYZ.COM
FAMOUS FOR FASHION
£45⁹⁹





PrettyLittleThing.com
£25



SAM FAIERS

Miss Faiers looked gorgeous in head-to-toe New Look that costs from as little as £14.99. She's working that glossy brown hair and fresh holiday skin glow. Good work, Sam.



NEW LOOK

£17⁹⁹



NEW LOOK

£14⁹⁹

NEW LOOK

£34⁹⁹



PrettyLittleThing.com

£25

LUCY MECKLENBURGH

It's all about pink for Lucy in this glam co-ord. She gives the suit a cool new update by working the sleeveless long-length blazer. A glam clutch and courts is all she needs for the ultimate 'wow' look. We've got serious outfit envy.

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ASHLEY & FRANCESCA NEWLYWED BLISS



Reveal celebs

Diversity dancer Ashley Banjo has married his girlfriend of six years, Francesca Abbott, in a beautiful Essex ceremony.

After getting engaged in October, the *Britain's Got Talent* winner wed his bride surrounded by his Diversity dance pals and their families.

Proud husband Ashley, 26, later shared pictures from the day on Twitter, as he paid tribute to his wife writing, 'The first step into the rest of our lives. The first step into forever... yesterday I married my soulmate.'

While solicitor Francesca wrote her own message to Ashley, 'Yesterday was only the beginning of forever. The most perfect day to start this new chapter together with the half that makes them whole x.'

The loved-up couple later shared their excitement for their Singapore honeymoon.



COUPLES CONFIDENTIAL

MILA & ASHTON FINALLY HITCHED

Have Mila Kunis and Ashton Kutcher secretly wed? That was the rumour, as the pair are said to have had an intimate ceremony with family and friends at a Californian ranch.

Black Swan actress Mila, 31, was thought to have worn a white, strapless tulle dress, while the couple's nine-month-old daughter, Wyatt, wore a matching white outfit.

Both Mila and Ashton, 37, are elusive about their marital status. In March, when James Corden asked Mila if she was married, she coyly answered 'maybe'. While Ashton sparked rumours by posting a snap, captioned 'Happy New Year – The Kutchers', in January.



GERI & CHRISTIAN 'I'VE FOUND MY PRINCE CHARMING'

Since her wedding to Red Bull Racing Formula One team boss Christian Horner in May, Geri Halliwell hasn't held back in gushing over her new husband.

And this time around, Geri, 42, was keen to share her secret of how she bagged the perfect man, by revealing that her plan all along was to hold out for her 'Prince Charming', rather than settle for anything less.

'The right guy will absolutely adore you. It took me a while to learn that,' she said. 'Remember we all read those fairy tales about the prince but so did the guys and they want that princess. When the right guy comes along he will slay that dragon to get to you.'

COUPLES CONFIDENTIAL

ED & SELENA SECRET DATES

Things look to be hotting up between Ed Sheeran and pop star Selena Gomez, after they were rumoured to have enjoyed three dates in one week.

Ed, 24, and Selena, 22, were first spotted enjoying a romantic dinner date at Wokcano in Santa Monica, California, last month.

Then, just a day later, the pair attended an album launch party in West Hollywood, before leaving in a car together to stop off at a nearby 7-Eleven to grab some snacks.

They were reportedly set up by mutual friend, actress Jennifer Aniston, after first meeting years before when Ed was touring with their shared BFF, Taylor Swift.

Since then, it appears Ed, who split from Athina Andrelos in March, has had his eye on her. He previously admitted he 'wouldn't complain' if he was set up with Selena who most recently dated Canadian pop star Justin Bieber.



MICHAEL & LUISANA BABY NO.2

Crooner Michael Bublé and his wife Luisana Lopilato are expecting their second child, and have announced it in the cutest way possible.

The couple, who are already parents to 23-month-old Noah, shared a cute Facebook clip showing Luisana, 28, with her tummy exposed while Michael, 39, asks Noah, 'Who's that in there?'

The toddler then points to his Argentine mum's stomach and replies, 'Baby', while Britney Spears' track *Oops!... I Did It Again* plays in the background.

The happy news comes after Noah was taken to hospital in Buenos Aires, Argentina, with burns in June after an accident.

Thankfully, Michael later tweeted fans to assure that his son was OK, 'Thank you for the love and concern you have shown our little guy. He's home healthy and happy. Love you all.'



MILLIE & PRO GREEN DIVORCE RIDDLE

Fashionista Millie Mackintosh and her rapper hubby Professor Green, real name Stephen Manderson, have been left to defend their relationship, after getting in a particularly heated row recently.

In a drunken argument witnessed at a recent event, the ex-*Made In Chelsea* star was reportedly seen screaming, 'I want a divorce now! Give me a divorce,' at her husband of almost two years in front of shocked partygoers.

But, clearly keen to put the fight behind them, Millie, 24, and Stephen, 31, have since been busy posting loved-up pics of their summer holiday, including one of a romantic dinner date. While Stephen also uploaded a pic of poor Millie in a 'food coma', captioned, 'Millie is pregnant... with a food baby'

Katherine Parkes



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Baby Charlotte arrived in a vintage pram

A ROYAL CHRISTENING

Complete with an intricate lace gown, a traditional carrycot-style pram and a nanny in a starch uniform – two-month-old Princess Charlotte's christening transported us back to times gone by.

Resplendent in white, mum Kate, 33, wore her hair in a traditional chignon as Archbishop of Canterbury Justin Welby conducted the service.

But it was Charlotte's big brother, one-year-old George, who stole the show, peering into his little sister's cot outside the church in Sandringham, Norfolk.

Wearing red shorts and a matching shirt, the prince has clearly been taking fashion tips from his dad, William, who wore an almost identical outfit when visiting his newborn brother Harry in hospital back in 1984.

Kate wore Alexander McQueen and Charlotte the Honiton lace christening robe



Prince George stole the show in red shorts and a matching shirt

FRIENDSHIP NEVER ENDS

Could this be the greatest news of the year?

Melanie Chisholm, aka Mel C or Sporty Spice, has confirmed that the Spice Girls will reunite to celebrate the 20th anniversary in 2016 of their debut No 1 single *Wannabe*.

It was previously thought Victoria Beckham wouldn't be involved, but Mel says all five Spices are on board.

Mel, 41, revealed, 'We are all going to celebrate in some way, but whether it's a big reunion or a performance, I don't know.'

Meanwhile, the girls proved to fans that they still remain a tight-knit group, as they enjoyed a day out with their kids at Silverstone race track.

The A-list crowd included Geri Halliwell's husband Christian Horner and daughter Bluebell, and Emma Bunton and eldest son Beau.

Mel B was absent and Victoria was also unable to attend, but her sons Romeo and Cruz were looked after by her Spice Girl pals.



The girls still remain a tight-knit bunch



Romeo and Cruz Beckham joined Geri and Emma and their kids at Silverstone



The unlikely pals were spotted together at Wireless Festival

THE ONLY WAY IS UP

He may be the self-styled king of Essex, but it seems that Joey Essex is no longer a big fish in a small pond.

Joey, 24, has recently been mingling with the likes of real East London royalty, Brooklyn Beckham, at Wireless Festival last weekend, and has purchased a £1.6 million mansion that wouldn't look out of place in Beverly Hills.

The sprawling mock-Tudor pad in Chigwell, Essex, comes complete with a swimming pool and its very own tennis courts. Reem!

ART ATTACK!



Forget following the latest catwalk trends or scrambling for a spot at the front row of Fashion Week, these trendy celebs have been getting their fashion fix at their local art gallery.

Taking a leaf from Van Gogh's book (minus chopping off an ear... obv), Paloma Faith, 33, opted for a dress covered in sunflowers for a gig in Dublin, while Ashley Roberts, 33, copied Andy Warhol's famous Campbell soup can pop art print.

And Beyoncé, 33, chose Mexican painter Frida Kahlo as her muse, sporting a bright floral crown for a recent selfie.

Lauren Hills, Katherine Parkes

Join our new campaign



I BECAME A CARER AT THE age of 10

Iona Shanks, 20, has been looking after her ill mother and little sister for over a decade, but she isn't one for self-pity

Looking back, it's difficult to pinpoint the moment when I went from being a normal child to a "young carer". It was a gradual thing, taking on more and more responsibility, until one day I was running the household and taking care of my mum and my little sister.

My mother, Tracy, hadn't been well for ages but, when I was 10, things got drastically worse. She was diagnosed with renal failure and depended on dialysis three times a week to keep her alive.

As she grew weaker, I began doing the laundry, paying the bills and getting my sister Sophie ready for school, because Mum, now 43, wasn't able to. But I never minded. It just became a part of my childhood. It's always just been the three of us – me, Mum and Sophie, now 14, in a tiny village called Rosneath in Argyll and Bute, two hours from Glasgow. We're really close and protective of each other. I would do anything for them.

Since the beginning of this year, Mum has needed dialysis six times a week. You might think I'd be used to it by now, but when she's going downhill, there's no sign of it, it just happens. One day she could be at dialysis and I'll get a call saying she's been admitted to hospital because she's unwell.

It scares me, because it's then my sole responsibility to look after the house, get dinner ready for Sophie and take on this adult persona. I dread my phone ringing.

There are times when I feel overwhelmed,



but I do think I'm the lucky one – I get to be at home. Mum's the one who is in hospital getting poked and prodded, so she's got it much worse.

Over the years, the responsibility made me very different to my peers. Being a young carer makes you mature faster. In school, I found that there were times when everyone would be joking around but I didn't feel like joining in. I felt old at a young age.

At school, I kept what I was going through fairly private. It wasn't surprising, given how badly bullied I was. I was about seven when the severe taunting and name-calling began. I'd always been a shy kid but



my self-esteem plummeted.

I was picked on because I didn't wear the same nice clothes as everyone else, and I started to believe what the bullies said about me because they were so relentless. Dancing was the thing I loved most but I quit dance club. I couldn't bear to go any more. I basically shut down.

Mum went back and forth to the school, trying to sort it out, but eventually the police were called in. Mum was really supportive, but I was reluctant to tell her about what was happening at times – I didn't want to give her more problems.

By the time I was 12, I was having panic attacks. It felt like the world was twisting inwards because my heart was beating so fast – it's hard to try and calm yourself down when you're in a situation you don't want to be in.

Eventually things all became too much and, aged 15, I decided to leave school. That's when Carers Trust helped to change my life for the better. I knew I didn't want to just sit around the house all day or be on benefits. Despite being a carer I wanted to be something more.

Reveal campaign

Iona cares for mum Tracy, who
has renal failure and needs
dialysis six times a week



So Carers Trust gave me the financial support to go to college and now I've got a National Certificate qualification in media and communications.

Reading and writing has always been my escape from the pressure of everyday life. Creating stories is therapeutic, as I'm turning my emotions into something real right in front of me. It has been my salvation since I was a kid and I hope to be a scriptwriter one day.

Being a young carer means there isn't much time for fun and socialising, and living in such a small place makes it so

'Carers hate being pitied – it makes you feel you're being looked down on'

much harder. It can be isolating as there's not a lot of stuff to do, and there's only one bus an hour out of there. Pensioner coffee mornings are about all there is!

So I spend most of my time with Mum, having a laugh over a cup of tea or going to the local shops. If she's got a hospital appointment, I go with her and in the evenings, we settle down on the sofa and watch comedies together. It's just the little things.

After the trauma of being bullied as a kid, I've started to come out of my shell

lately. I now have a good friend who lives just across the road, so I see her quite a lot and I'm starting to feel my confidence building.

Carers often don't like asking for help because it makes them look vulnerable, and they're so used to being strong all the time. Like me, most young carers hate being pitied – it makes you feel like your whole existence is being looked down on.

That's why the support Carers Trust offers is so important. The people there understand what you're going through. They don't feel sorry for you. They give

you as much help as they possibly can. There's even a special forum called Babble where young carers can chat and feel a lot less isolated.

Next week, Mum is going to have a kidney transplant. It's exciting and terrifying all at once. So my hopes for the future are pretty simple: I hope that everything goes well with my mum's operation, and that the three of us can start a new life together. That's all I'd need to be happy.'

Helen Nianias & Su Karney



Tracy's operation will
hopefully mean a fresh
start for the Shanks family

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Help us support seven million unpaid carers by taking part in Britain's Best Breakfast this September, to raise money for Carers Trust. Please visit britainsbestbreakfast.org and carers.org for more info.

Photos Martin Hunter

SIZZLING-HOT READS

for summer



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WHAT'S UP WITH Lily?

After pop star Lily Allen's frightening collapse at Glastonbury recently, friends fear for the mum-of-two's well-being...

Lily Allen, 30, may have taken a three-year hiatus from the music industry to focus on a quiet family life with her husband Sam Cooper and their two daughters, yet she's a regular when it comes to the festival circuit.

But despite her impressive comeback performance at 2014's Glastonbury, the *Air Balloon* singer's attendance at the popular festival last fortnight hit headlines for all the wrong reasons.

After being spotted partying backstage with pals Big Narstie and DJ Target, Lily went outside for some fresh air before collapsing around 9pm – sparking concerns for her welfare.

The petite singer had to be treated with an oxygen mask by onsite paramedics, before being driven home by her worried builder husband.

An onlooker said, 'She was out of it. She didn't know where she was. Her friends were asking if she was OK and trying to give her water.'

While Lily appears to have been happy to play the doting mum to her daughters,

three-year-old Ethel and two-year-old Marnie Rose, for the past few years, the star has heavily hinted that she's been missing her former wild ways.

She once said, 'I'm never going to be the kind of person who sits at home all day playing with plastic toys and listening to Peppa Pig.'

Posting a painting of a human head with a devil in one ear and an angel in the other ahead of the highly-anticipated Somerset festival, Lily captioned the telling image, '#Currentmood #Glastonbury'

Leaving her daughters at home for the weekend, Lily certainly let her hair down, documenting her party antics in a series of controversial snaps on social media.

One photo shows her dressed as a giant inflatable penis and another shows her burning a flag reading 'F**k Kanye West' after finding the banner disrespectful.

And although Lily has not commented on her collapse, the London-born star has previously admitted to using drugs.

'Glasto in 1998 was the first time I ever took drugs, so it was pretty incredible. Not that drugs are good, but if you do them in moderation, then they're fine,' she said.

Further concerns were raised when Lily also revealed she had suffered minor burns after the gas stove in her caravan exploded.

Unfortunately, the incident was followed by Lily's attendance at the Wireless Festival

Reveal *celebs*

Lily was said to be 'out of it' at Glastonbury



The star is a big fan of Glastonbury and performed there in 2014

Husband Sam Cooper picked her up from the festival



in London's Finsbury Park to watch rapper Drake – where she was refused entry to the Live Nation VIP tent when security failed to recognise her.

The embarrassing mistake didn't go down well with Lily, who remarked, 'I don't want to cause a scene,' before being asked to rejoin the crowds.

She has since jetted off to Ireland for some well-deserved rest and family time.

But despite her festival dramas, Lily's fans have remained loyal. After pictures of the controversial star emerged on the front page of a newspaper, readers were quick to hit back at the shaming reports.

'She's just a young woman having fun,' one follower replied. While another blasted, 'We've all been drunk at one point or another.'

When contacted, Lily's agent declined to comment on the incident, but insists the star is fine and well.

Lauren Hills

Photos: Rex Features, Xposure



Bandana, fringed top, PVC striders and DMs... dressing down for family days out

No! No! No! Throwing a tantrum at New York Fashion Week

Mum & Dad's choice

NORI GOES ON

Her parents might be the most powerful and fashionable couple in showbiz, but strong-willed North West, two, is staging a protest. This baby has her own ideas about what to wear

Left: aged two, North knows her own mind – as mum Kim is starting to discover!

Kim Kardashian West and husband Kanye have regarded daughter North, who turned two on June 15 this year, as a brand extension. Since the day she was born, her clothes have been selected to fit in with her parents' own inimitable style.

The quaint, old-fashioned threads seen on other high-profile children, such as Prince George and Princess Charlotte, are not for Nori. Harper Beckham's tasteful, understated clothes are tame compared to the ensembles little North is paraded in. No stranger to

leather, designer bling and Dr. Martens boots, the toddler has been papped and globally gawped at since day one.

Signs that the mini fashionista might be developing an aversion to being trussed up in black gear began to surface at New York Fashion Week, back in February this year.

Little North had what's commonly known as a 'complete paddy' at the high-profile Alexander Wang show, while the legendary editor-in-chief of US *Vogue*, Anna Wintour, looked on, distinctly unamused.

No wonder the poor child was upset, though. Exposed to the incessant flashing of cameras in her face, which accompany Kim and Kanye wherever they go, she was also wearing itchy, hot fabrics, and what looked like searingly

She throws on a fur cape to visit a friend's house – as you do





In Disneyland Florida for her second birthday, Nori looks like any other kid

Nori's pick



Something white! Fluffy! And feminine...!

clothes strike

uncomfortable footwear.

By comparison, most little girls of North's age are skipping around in *Frozen* dresses, sparkle and lots of pink, whether their parents like it or not.

The worm began to turn when the entire Kardashian clan were shipped to Disneyland to celebrate North's second birthday. She was pictured looking happier than ever before, wearing Minnie Mouse ears, face paint and a Disney T-shirt, just like any little girl would love to look.

Could it be that she'd had a glimpse there of just how much better things could be for a two-year-old?

She could see there was a lot of fun to be had, away from the world of fashion shows and scary black clothes. Perhaps the penny dropped and she realised she didn't have to wear a flak jacket, even if Daddy told her to, as she had to at Kanye's Yeezus show for Adidas, earlier this year.

Fast forward to last week, when Kim posted a picture on Instagram of Nori in her nursery, wearing an interesting outfit she'd clearly styled herself (right).

The little poppet was having a bit of a tantrum, sitting in her vest and pants, accessorised with a spotted Minnie Mouse

helmet, green umbrella and a baby blue backpack. A complete riot of sugary colour, so appropriate for a kid of her age.

Kim posted the cute pic on Instagram, and then one of Nori on her bicycle, complete with the green umbrella, captioned, 'We compromised.'

So, North got her own way and left the house in an outfit suitable for her age at long last.

What do Kim and Kanye expect? If you make your child so aware of fashion at that early age, of course she's going to develop her own taste!

All little girls like to choose what they wear – it's just part of growing up and developing your own personality. This one looks like she's set to rebel against anything black, leathery or itchy from now on.

Wendy Rigg



Nori calls time on her edgy high fashion and goes for kiddie pastels

Reveal *beauty*

PASSPORT TO

perfect

From the A-list's travel must-have to a trick for skipping the 100ml rule, here's how to make your holiday chic, cheap and totally stress-free

HOW CELEBS SAVE ON SUITCASE SPACE

Forget packing tons of products, jet-setting A-listers rely on multi-taskers. Coconut oil is Kim Kardashian West's top choice. 'It acts as a body moisturiser, shaving cream, make-up remover and hair mask. Use it



to give legs an Instagram-worthy sheen, too,' agrees Braun beauty therapist Nathalie Eleni, who's worked with Jennifer Lopez.

Superdrug Coconut Oil, £2.29, is great value, **Avon So Soft Original Dry Oil Body Spray, £5**, has similar hydrating effects. It's also rumoured to be used by the British army for warding off insects! Just spritz on liberally.



SMASH-PROOF MAKE-UP

Goodbye leaky perfume bottles, the runway calls for flight-friendly scents. With pink peppercorn and bergamot, **Le Soft Perfume Solid Perfume Stick in Copacabana, £20** (cultbeauty.co.uk) shouts 'easy breezy days.' **L'Occitane Roses et Reines Roll-On Eau de Toilette Intense, £14.50**, is perfect for sundown. Just rub on pulse points. Sideline crumble-prone powder for

crayons and 'domes' like **Baggy Pretty Cheeks in Velvet Coral, £16**, (feelunique.com).

Part of a new line of handbag-friendly products, the creamy tint works as a lippie as well as a blush. **The Body Shop Lip and Cheek Velvet Stick in Poppy Nude, £12**, blends like a dream, too. If you can't bear to set off without your favourite powder compact, pop a cotton pad inside to stop it from breaking.



DO YOUR HOLIDAY PREP LIKE A STAR

Celebs love getting pampered in their own pad and now you can, too. It'll cost you more than salon prices but it's worth it to save time during the pre-holiday havoc. In London, Milk (milkbeauty.co.uk) offers a bikini wax for £15 while Perfect 10 (perfect10mobilebeauty.co.uk) does Sienna X spray tans for £30. Or try booking app wahanda.com, which finds mobile therapists in your area.

DODGE THE 100ML RULE

Research shows that miniature products can cost up to seven times more per millilitre compared to the full-sized versions! Decant into travel-friendly containers instead – Primark's offer of £1 for four is the best we've found. Or use Boots' 'Order and Collect' service. Just pre-order your full-sized products a few days before (check boots.com for airport delivery times) then pick them up in the airport shop, after going through security. Just make sure you decant any leftovers before your return flight.



DON'T FORGET...

SEWLOMAX SOS KIT, £24, BOASTS EVERYTHING FROM A HAIRBRUSH AND NAIL FILE TO SEWING KIT AND TWEEZERS



THIS FABULOUS TRAVEL HANGING WASH BAG, £12, (BOOTS) HAS THREE HANDY COMPARTMENTS – TWO CAN BE REMOVED



KEEP FRIZZ AT BAY WITH THE DINKY BUT POWERFUL TESCO THX STRAIGHTENERS, £18



A Reveal promotion



Summer rescue

Very few people have naturally flawless skin, but clear skin could be yours with the right regime

1 REDUCE REDNESS

Red spots spoiling your look? This calming formula is for you. Apply FreederM Fast Track before your moisturiser to visibly reduce redness in just three hours. And relax...

2 GET YOUR GLOW ON

Do you wake up with sad-looking skin? Then try the Hollywood trick of splashing your face with cold water to boost circulation after cleansing.

3 SPOTS BE GONE

Spots at any age suck. True story. That's why we can't get enough of FreederM Daily Complex for smoothing spot-prone skin and improving tone and texture.



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Amber's picks

Reveal beauty

HOT NEW CELEB

make-up trick!

'Strobing' is the latest buzzword in celebrity circles. Amber Ascroft gets the lowdown from Rochelle Humes and Alesha Dixon's make-up artist



Radiant Alesha is always camera-ready



Rochelle shines on the red carpet

1 FIRST LAYER OF LUMINOSITY

'Strobing is an amped-up version of highlighting, where clever use of illuminators enhances features and creates radiance,' says make-up artist Francesca Neill. 'It's my most-requested look from celebrities.' She layers a cream highlighter under foundation for a 'lit from within' effect.

2 THE GLEAM ZONES

Where to apply the highlighter? 'The tops of cheekbones, the brow bone, the Cupid's bow and the inner corners of the eyes,' advises Francesca. It can slim your nose, too. 'Pop a little vertical line at the bridge, where glasses would sit,' she says. Scared of shine? Just pop some shimmer on your eyelids.

3 ACE BASE

'Use semi-matte foundation – the contrast with the glistening highlighter underneath is what creates that multi-dimensional effect,' Francesca explains. She loves **Makeup by HD Brows Fluid Foundation**, £32.

4 A SECOND SHIMMER HIT

Francesca follows this with another application of highlighter. 'I layer it in the same places as before. It lasts longer and looks great in photos,' she reveals.

5 GLOWING, NOT GREASY

Don't be tempted to seal your look with powder. 'It makes skin appear flat, eliminating your gorgeousness,' Francesca insists. 'Only dust it where skin gets oiliest, like between your eyebrows, on your nose and your chin,' she advises. **MAC Blot Powder**, £20.50, is a fab, non-chalky choice.

TOP BUYS

BEST FOR RADIANCE

Barry M Radiant Rod, £3.99, works brilliantly with Francesca's layering technique. Draw it on, then press with your finger so it melts into the skin.

BEST FOR DRY SKIN

Drier skins will prefer liquid illuminators, which give an extra-dewy finish. **Rimmel London Good To Glow Highlighter**, £4.99, comes in three shades, and looks equally fab mixed with body lotion for all-over radiance.

BEST FOR OILY SKIN

Powders are ideal and Francesca loves using **Collection Gorgeous Glow Block in Bronzing**, £4.19 – especially on Rochelle's dark complexion. Apply after foundation.



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Reveal style

Hippy trail

Take your influence from 70s rock chicks for the summer's coolest look. Peace and love

Photographer **Romi Stern** at Supernova Creative management, assisted by **Paulo Vieira** Fashion **Wendy Rigg** assisted by **Harriet Davey** Hair products used: **TRESemmé Perfectly (un)Done Wave Creating Sea Foam** RRP: £5.50, **TRESemmé Make Waves Creation Spray** RRP: £5.99 and **TRESemmé Perfectly (un)Done Root Lifting Texturising Dust** RRP: £5.50

- › Sunglasses, £6, boohoo.com
- › Dress, £18, boohoo.com
- › Gladiator sandals, £35, justfab.co.uk
- › Bracelet, £8, Topshop



- › Suedette top, £25.99, Zara
- › Necklace, £7, Claire's
- › Shorts, £29.99, Mango
- › Bangles, £12.50, New Look
- › Ankle boots, £30, boohoo.com
- › Hat, £8, Primark



Left

- › Embroidered top, £16, Glamorous
- › Real suede maxi skirt, £129, Zara
- › Gladiator sandals, £35, justfab.co.uk
- › Arm cuff, £5.99, New Look
- › Rings, £8.50, Miss Selfridge

Right

- › Tassel hem dress, £59, Miss Selfridge
- › Clog shoes, £52, Topshop
- › Tassel bag, £15, boohoo.com
- › Bangles, £12.99, New Look



- Top, £35, glamorous.com
- Denim shorts, £12, prettylittlething.com
- Tassel boots, £34.99, quizclothing.co.uk
- Rings, £7.50, Topshop
- Bangles, £8, Topshop



- » Crop top, £30, Topshop
- » Waistcoat, £18, boohoo.com
- » Skirt, £35, Miss Selfridge
- » Necklace, £7, Claire's
- » Bracelet, £12.99, New Look

Left

- › Printed swimsuit, £20, boohoo.com
- › Tassel skirt, £15, boohoo.com
- › Gladiator sandals, £35, boohoo.com
- › Necklace, £15, Topshop
- › Bangles, £8, Miss Selfridge
- › Ring, £5.99, New Look

Right

- › Off-the-shoulder top, £15
(part of co-ord set), boohoo.com
- › Dungaree dress, £20, boohoo.com
- › Boots, £30, boohoo.com
- › Necklace, boohoo.com
- › Rings, £7.50, Topshop

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£38



£42

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legs



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MISS SELFRIDGE



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£30



£30



£22

- Orange jumpsuit, £21.99, daisystreet.co.uk
- Bag, £35, Accessorize
- Bracelet, £6.50, Topshop
- Heels, £55, River Island

RIVER ISLAND



£16



£28



£55

£30



Off-the-shoulder styles are key

- Top, £40, Oasis
- Skirt, £45, Oasis
- Rings, £7.50 for set, Topshop
- Ear cuffs, £10, Miss Selfridge
- Bag, £15, Louche at Joy
- Shoes, £34.99, Schuh

OASIS



£22



£40



£15

£25



ZARA

£29⁹⁹



£29⁹⁹



Summer
brights



£39⁹⁹



£29⁹⁹



PRIMARK



£5

£8



Reveal
steal



£10



£16

The SECRET that everybody on a DIET should know about Apple Cider

► What is Apple Cider?

New Nordic Apple Cider tablets are a natural formula of apple cider vinegar, dandelion and globe artichoke. Cider vinegar is made from fermenting fresh ripe apples. It contains many health-giving ingredients including vitamins, beta-carotene, pectin, and minerals such as potassium, magnesium, phosphorus and iron.

Apple Cider Vinegar is a traditional and effective solution to water retention in the body. The body usually consists of 50-60% water. However some factors may cause the body to retain water above these levels causing the feelings of bloating and heaviness.

Water Retention

Many women experience water retention at some time in their lives. As women enter the menopause, decreased levels of progesterone can cause water retention and the feeling of bloating. The levels of sodium in the diet that we eat, particularly from processed foods, also tends to prevent the body from balancing its water levels. New Nordic Apple Cider tablets composed of long used natural ingredients help the body to eliminate retained water. This is stored commonly among the fat cells and connective tissue. Other ingredients help the body to aid healthy digestion.

Is Apple Cider safe?

Apple cider vinegar has been used by thousands of people over the years without problems. Now conveniently as a one day tablet, take each morning during breakfast time with a glass of water. If you are taking other medication or have concerns about other symptoms then you must consult your doctor since water retention can be a side effect of some medical conditions.

Questions

For a information leaflet call **0800 389 1255** or visit **www.newnordic.com**

Now Available in the UK

New Nordic Apple Cider tablets are available at **HOLLAND & BARRETT**,  and all leading health food stores.



NEW NORDIC
Online Store

The Silver Tree Look for New Nordic's "Silvertree" mark, It's your guarantee for a high quality health supplement you can trust.



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I LOVE ESPECIALLY SALTY SNACKS
MY LEGS FEEL SWOLLEN
I HAVE CELLULITE
I DON'T DRINK ENOUGH WATER



These are some clues that your body is retaining more than usual amounts of water. Try Apple Cider to help elimination and cut your salt intake.





Dr Phil

TV's Dr Phil Hammond answers your questions and gives it to you straight on the big health issues

CUT OFF AT THE KNEE

Is it worth having keyhole surgery for my knee pain?

Rebecca, Tiverton

If your surgeon thinks you have ligament damage or your knee joint locks up, then it might be helpful. However, if your pain is due to wear and tear, then you're probably better off with exercise. All surgery can cause side-effects such as leg and lung clots, and infection, and a recent study has shown that keyhole surgery known as arthroscopy does not improve symptoms any more than regular exercise. Yet, if you've tried exercise and it isn't working, discuss the possibilities with your surgeon.



Trust me – I'M A DOCTOR

Does eating chocolate cut my risk of stroke?

Lara, Wisbech

Possibly. A recent study has found that those who eat most chocolate have a lower risk of stroke and a blood vessel disease compared to those who don't eat it. This could be because chocolate contains substances called flavonoids which are good for your blood vessels and keep them open. Chocolate eaters also seem to take more exercise and have lower blood pressure which may be why they had fewer strokes. The best we can say is that if you are generally healthy, then eating a little chocolate won't do you any harm, and may do you a bit of good.

THE sex QUESTION

SERIAL CHEATER

If I've had one affair, am I more likely to have another?

Abby, Northampton

Yes. Dopamine, a neurotransmitter which tells us to want sex, is stimulated by unpredictability and the excitement of new partners. It can override the sensible part of our brain which tells us we are at risk of losing everything. Also, if you've had an affair but not sorted out the issues in your relationship that may have led to the affair, then you're more likely to do it again. However, the number of affairs that turn into successful relationships are very small. And in the end, it's long-term relationships that keep us happy. It's worth remembering that.

DR PHIL SAYS: 'We all wake up a day older. Enjoy it!'

WANTING PROTECTION

Why aren't there vaccines against sexually transmitted infections?

Vicky, Sunderland

Researchers are working on a vaccine to protect against chlamydia, one of the most common STIs, and HPV vaccines are already given to school-age girls to reduce the risk of cervical cancer. However, there are so many different types and subtypes of microorganisms that can cause infections that it would be impossible to vaccinate against them all. We still recommend using condoms for oral, vaginal and anal sex. People rarely use them for oral sex, leading to an increase in throat cancer due to HPV infection.

SMOKERS' RISKS

Does smoking only cause lung cancer?

Carol, Runcorn

Sadly not. Smoking causes 80 per cent of the deaths from lung cancer, but it also greatly increases your risk of a heart attack, stroke and limb amputation. And it also accounts for half of the deaths from 11 other cancers (of the bladder, bowel, cervix, kidney, throat, mouth, gullet, pancreas, stomach and bone). Not all smokers die young from heart disease, stroke or cancer, but stopping smoking is by far the most likely thing to give you a longer, healthier life. For further advice, go to nhs.uk/smokefree

HAVE YOU GOT A QUESTION FOR DR PHIL? EMAIL HIM AT dr.phil@revealmagazine.co.uk

DR PHIL'S BEST-SELLER, STAYING ALIVE, IS OUT NOW. drphilhammond.com Dr Phil regrets that he cannot reply to emails personally

FOLLOW DR PHIL ON TWITTER @drphilhammond. FOR MORE DR PHIL NEWS, GO TO drphilhammond.com

Pancakes to flip over!

Whip up a batch for an indulgent sweet treat

If you only have pancakes once a year, this delicious new recipe by celebrity chef Dean Edwards will convince you to try them all year round. Dean says, 'These fluffy pancakes are American-style – light, thick and full of flavour. Any kind of fruit goes well with them, such as blueberries, raspberries or even stewed rhubarb, but when cherries are in season, there is no better choice for me. A quick drizzle of dark chocolate is all you need, or a scoop of frozen yoghurt is really indulgent.'

Once you master the basic recipe, experiment with toppings – why not consider serving with bacon and maple syrup as the ultimate American-style brunch?

BUTTERMILK PANCAKES WITH CHERRIES & CHOCOLATE DRIZZLE

Ready in 20 mins
Serves 4

INGREDIENTS

250g wholemeal self-raising flour
1 tsp bicarbonate of soda
80g golden caster sugar
3 small eggs, beaten
300ml buttermilk
50g butter, melted,
plus a small knob of butter
70g dark chocolate
(70% cocoa)
200g cherries, halved and pitted

Add mashed, grated or chopped fruit or veg to your batter for vitamins, minerals and flavour

➔ In a large bowl, sift the flour, bicarbonate of soda and sugar. In a separate bowl, whisk the eggs with the buttermilk, then add this mixture to the dry ingredients. Whisk, then add in the melted butter.

➔ Set the oven at its lowest temperature to keep the pancakes warm as you cook them. Warm a large non-stick frying pan over a medium heat. Add a small knob of butter and place 4 small ladlefuls of batter into the pan, then

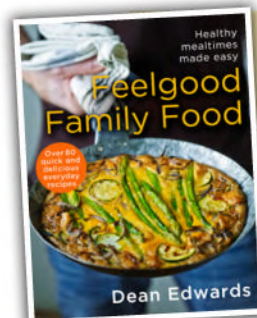
leave them to cook for about 2 minutes. Flip the pancakes and cook them for another couple of minutes. Pop them in the oven to keep warm, then repeat until you have used up all the batter.

➔ Bring a saucepan of water to a gentle simmer. Break the chocolate into small pieces and place them in a bowl that fits over the pan but does not touch the water. Leave until all the chocolate has melted, then carefully remove

the bowl from the pan.

➔ Stack the pancakes on a serving plate, scatter over the cherries and drizzle with melted chocolate. Tuck in while still warm and fluffy!

TIP
Over-mixing the batter bursts the air bubbles, which are important for light pancakes



Extracted from *Feelgood Family Food* by Dean Edwards, Bantam Press, £17.99, out now.



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RETURN OF THE

TV's biggest show is back...

Here is the first picture of the exciting new *X Factor* line-up as they gathered for the opening round of auditions in Manchester.

Veteran judges Simon Cowell and Cheryl Fernandez-Versini were joined by newbies Rita Ora and Nick Grimshaw, as well as new main show hosts Olly Murs and Caroline Flack and *Xtra Factor* presenters Rochelle Humes and Melvin Odom.

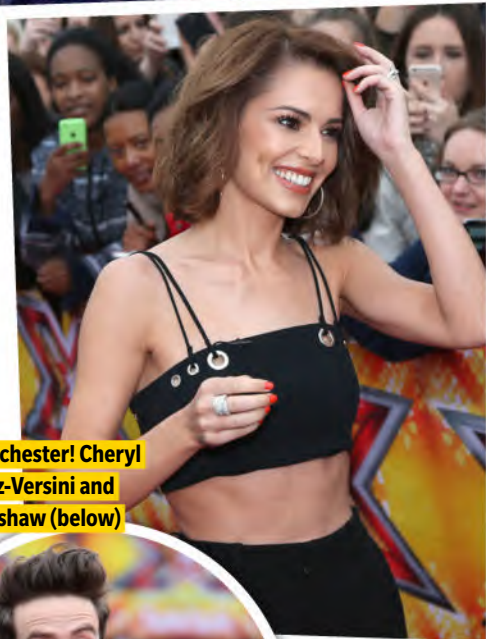
The first round of auditions came a day later than originally planned, after the sudden death of Simon's mother, Julie Brett, meant Tuesday's auditions were cancelled. Sharing the sad news with his fans on Twitter, Simon, 55, wrote, 'My family lost someone very special on Sunday. My mum. I am overwhelmed with gratitude for all the kind messages received. Thank you. X'

When the auditions began on Wednesday, the foursome were back on top form, with both Nick, 30, and Cheryl, 32, expressing their excitement.

Radio 1 DJ Nick tweeted, 'Wow what a first day. Thank you Manchester - we had a blast. Can't wait for tomorrow x', while Cheryl also shared her gratitude tweeting, 'Thank you so much to every1 that auditioned today. If it didn't work out for u this time please don't give up! Dust yourself off & try again <3'.

Katherine Parkes

Hello Manchester! Cheryl Fernandez-Versini and Nick Grimshaw (below)



Grief-stricken Simon Cowell (left) and new judge Rita Ora



Newbie X Factor hosts Olly Murs and Caroline Flack

Xtra Factor's Rochelle Humes with co-host Melvin Odom



MEET THE *Marbella mob*

Exciting new reality show *Life On Marbs* is set to hit our screens next week and we cannot wait! The show follows the glamorous lives of some of Marbella's most interesting expats for a summer of fun...

JORDAN SARGEANT

Age: 23
Occupation: *Head of sales at Marbella Rocks magazine*
With hoards of millionaire friends, Jordan says she has no shame in leaving one of her mates to pay the bill on a night out. 'I don't get to look at the bill; it's taken care of. I do other things like boost the morale and make them look pretty.'

NATALIE DENNING-RICHARDSON

Age: 32
Occupation: *Housewife*
Self-confessed 'Marbie Barbie' has previously done a few celeb kiss-and-tells... including the likes of Leonardo DiCaprio! 'I was young, in Paris, and having fun,' she says. 'Who cares? There's worse things to do than Leonardo!'

CASSIE ROWAN

Age: 28
Occupation: *¾ housewife, ¼ beautician*
As a 'semi-retired' housewife, Cassie explains just how she deals with criticism that she's simply living off her rich husband. 'Me and Natalie worked in the past, but now we don't have to,' she says. 'I'm 28 and I'm exhausted.'

JEFF GRAHAM

Age: 23
Occupation: *Businessman and party boy*
'Ultimate playboy' Jeff has a very specific checklist when it comes to women. 'I look for attractive girls, eights and above,' he says. 'She has to be classy. There's nothing worse than when she takes her shoes off to walk home. Or kitten heels, they are wrong.'

JOSS MOONEY

Age: 27
Occupation: *Fitness trainer, model, PR*
Former *Ex On The Beach* star Joss Mooney speaks fondly of his ex-lover Vicky Pattison. 'I gave her the best two minutes of her life,' he says. 'There's no romance between us, I don't think she's capable of it. It was just about sex. She's not girlfriend material.'

JON STRETTON-KNOWLES

Age: 34
Occupation: *Entrepreneur*
Self-made millionaire Jon makes it very clear that, for him, money is no object. 'I've had some pretty crazy nights out,' he says. 'The most I've spent was at a club in Cannes, I did £85,000. A big night out for me is a £15,000 to £20,000 night, but a common night is probably only about £4,000.'



Jordan



Jeff

Natalie

Joss

Cassie

Jon

Life On Marbs starts Wednesday 22 July at 9pm on ITVBe

7days

REVEAL'S CARENA CRAWFORD PICKS THIS WEEK'S TV HIGHLIGHTS



ONE BORN EVERY MINUTE

We're back at Liverpool Women's Hospital – the largest maternity ward in Europe – and shift-leader midwife Delia is sprinkling lots of positivity. No one needs it more than new couple Hayley and Nick. After Nick nearly died, Hayley doesn't like to let him out of her sight, but when things go wrong with her birth, they must be separated. Will she cope? We also meet Tara (pictured), whose 16-year-old daughter, Courtney, is her birthing partner.

CHANNEL 4, WEDNESDAY 22 JULY, 9PM

DON'T MISS

David Beckham double Andy Harmer opens the doors to his agency in new observational-documentary-meets-structured-reality TV show *Lookalikes* on Channel 4 on Monday 20 July. Can his business survive in the competitive world of celebrity lookalikes? Find out at 10pm.

Twin treats



Cleansing and moisturising aren't always enough. To help reduce spots and redness in as little as three hours, try Freedom Fast Track. For a visibly improved complexion, even tone and texture try Freedom Daily Complex.

For more information visit Freedom.co.uk

TOP SKIN TIP!



TV's newest reality show takes place in *TOWIE*'s favourite playground, Marbella. It stars some of its fabulous residents, including self-confessed 'Marbie Barbie' Natalie Richardson, a designer housewife who spends her days lunching and being pampered; fitness instructor Danni Levy, who whips celebs into shape; and bachelor Josh and brothers Adam and Jeff Graham. We'll even have the odd cameo from some Essex faves. It's set to be a summer of pool parties, perma tans and high drama as we find out what it's really like at Marbs' exclusive hot-spots. Check out page 69 for more on the cast.

ITVBE, WEDNESDAY 22 JULY, 9PM

LIFE ON M



DESI RASCALS

The glamour stakes are upped in the second series of the non-scripted drama set in a British-Asian community, as ex-*TOWIE* star Jasmin Walia and her boyfriend Ross Worswick of *Ex On The Beach* are set to join the cast. Former *The Apprentice* candidate Solomon Akhtar and feisty *Take Me Out* fave Fahra Rai are also joining the stars of the first series for this new outing. How is Jo and Moses' turbulent relationship? Are her Bollywood dreams going to become a reality? Will Yasmin find her Mr Right? Expect family drama, spirited clashes and disastrous dates as things get explosive.

SKY1, WEDNESDAY 22 JULY, 8PM

THIS WEEK'S SOAP HIGHLIGHTS

EastEnders



TELL-ALL PAUL

Paul is still being stand-offish with his grandparents, and while Pam feels guilty for involving herself in his business, Les tries to talk things through with Paul. At the Albert, Paul decides to tell Vincent some home truths and ends up revealing he thinks Les and Claudette are having an affair. How will Vincent react? And will Pam find out?

EASTENDERS, BBC1, MON & FRI, 8PM, TUE & THU, 7.30PM

MEET THE WIFE

As Robert continues wooing Tracy, a woman called Joni (Sarah Harding) calls on The Street looking for him. Is all as it seems? Tracy invites Robert to stay over and he makes a secret call telling someone he's at a mate's. When Robert cancels their date the next day, Tracy surprises him at his restaurant, where she's met by Joni – Robert's wife!

Coronation Street



CORONATION STREET, ITV, MON & FRI, 7.30PM & 8.30PM, WED, 7.30PM, THU, 8.30PM

Emmerdale



ROBERT KILLS AARON?

Aaron's sickened when he finds out Robert tried to kill Paddy and attempts to record Robert confessing. When talk turns to Katie's death, Aaron can't contain his anger any longer and attacks Robert who knocks Aaron unconscious in self-defence. When Robert then realises Aaron's been recording them he starts to form a plan of his own. When Robert later points a gun at Aaron's head, will he really kill his lover?

EMMERDALE, ITV, MON-WED, 7PM, THU, 7PM & 8PM, FRI, 7PM

ANGRY SIENNA ATTACKS REENIE

Reenie strikes up a friendship with Dr S'Avage and ends up getting him to lend her £200. Sienna is suspicious of Reenie's motives, especially when he also lends her his credit card. Sienna confronts Reenie, but when Dr S'Avage stands up for Reenie, Sienna decides to take action. She follows her outside and pushes her new nemesis off the city wall. Has Sienna killed Reenie?

Hollyoaks



HOLLYOAKS, CHANNEL 4, MON-FRI, 6.30PM

ARBS

CELEBRITY MASTERCHEF

The remaining four stars compete for the MasterChef title in the final two episodes of the TV cookery competition. After facing the palate test, where they have to identify and recreate a dish cooked by John Torode, the quartet are cooking for some of Britain's most-feared restaurant critics. Then four become three and the trio must impress some of the best female chefs in the country before finally cooking a three-course meal to win over John and Gregg Wallace.

BBC1, THURSDAY 23 JULY, 9PM, & FRIDAY 24 JULY, 8.30PM



WANT TO BE ON TV?

Decimate hosted by Shane Richie on BBC1 is looking for contestants. Do you have a competitive spirit, good general knowledge and want the chance to win thousands of pounds? Email decimatecasting@cplproductions.co.uk for an application form.

BUZZ-O-METER

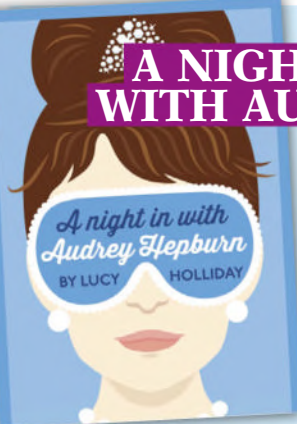
What's hot in the Reveal office this week

TRAINWRECK

We left the screening of this outrageous, chick-flick comedy with aching faces, we were laughing so hard! Imagine if Bridget Jones had Instagram... that's what you get with leading lady Amy – an uninspired journalist who, following her dad's advice that 'monogamy is unrealistic', sleeps her way through the guys in Manhattan. That is until she meets sports doctor Aaron Connors (Bill Hader). Will the potty-mouthed New Yorker (US comic Amy Schumer) change her ways for her ideal guy? *Trainwreck* is in cinemas from Friday 14 August.



A NIGHT IN WITH AUDREY



Filled with laugh-out-loud dating disasters and brilliant plot-twists, this is one of the best books we've read in ages! Libby Lomax,

a struggling actress who prefers the world of her favourite film *Breakfast At Tiffany's* to reality, has the shock of a lifetime when the star of the film Audrey Hepburn visits. The Hollywood legend comes to offer career advice and bring some much-needed romance into Libby's life. The perfect girlie read that you'll talk to your friends about!

***A Night In With Audrey Hepburn* by Lucy Holliday (Waterstones, £7.99)**



RETRO BEAUTY

Ladies, retro chic is back in fashion! Kate Middleton embraced the traditional look at Princess Charlotte's christening, and we are seeing a major trend in old-school inspired beauty items. We love the bright, quirky packaging of the Vintage Kellogg's collection. Our favourite products include the English rose lip balm and the tuberose & jasmine bath milk. Prices start at £4.95 from prezzybox.com.

MAD CELEB HAIR CRAZE



Victoria's Secret model Alessandra Ambrosio set Instagram on fire when she uploaded a picture of a hairdresser BURNING her hair with a candle. But why would you ever do such a thing? Well, it turns out the unusual practice is an ancient Brazilian hair treatment called velaterapia, where split ends are



Warning: Don't try this at home!

burnt off with a flame.

We think Alessandra's hair is gorgeous, but we'll definitely be sticking with the safer option – conditioner!



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Reveal celebs

MTV presenter **Laura Whitmore**, 30, reveals her secret pulling trick, her festival must-haves and how she gets that killer bod...

Love it!

FAVOURITE HOLIDAY MEMORY?

I went travelling to Thailand last year with four of my girlfriends. I have a picture of us all sharing one bed, and there were so many mosquitos! We also came back skinnier than we left, because the food goes straight through you, and we all shared one toilet. Not so pleasant!



FAVOURITE BEAUTY TIP?

It has to be sun cream with a high SPF. I remember going to a festival to see the Foo Fighters and burning just half of my body while standing by the stage. It hasn't been the same colour since, and that was 10 years ago.

FESTIVAL FASHION MUST-HAVE?

I love accessories and I'm really into sunglasses. I like Wildfox glasses and classic Ray-Bans. Sometimes when I go to a festival, I have about 10 pairs in my bag. But I do sometimes break them, by accidentally sitting on them!

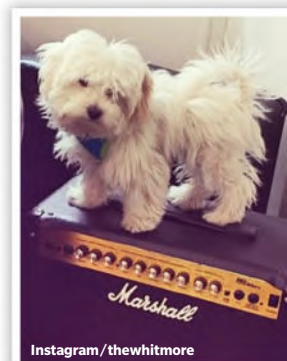


FAVOURITE SUMMER TIPPLE?

Gallo family vineyard spritz. They have a pineapple and passion fruit flavour I like, it's similar to a pinot grigio. I love having BBQs with my friends in the summer and have a really sweet tooth, so I enjoy fruity wines.

FAVOURITE THING YOU OWN?

My dog Mick. He's named after Mick Jagger, because he's a bit of a rock star, but when I call him in the park, there's always a couple of middle-aged men who turn around. He's a maltipoo and just looks like a big fluff ball. My friends borrow him because he helps them get a date.



FAVOURITE WORKOUT MOVE?

I'm a yoga girl. I also like running. Even when I'm doing *I'm A Celebrity...* in Australia, I practice yoga in the mornings. I tried to teach Joe [Swash] but that didn't work out too well! I work out with Millie Mackintosh, too. She's so strong. We get on each other's backs and squat. Don't get in a fight with her!

FAVOURITE CELEBRITY?

Samuel L Jackson was amazing and so much fun when I interviewed him at the BAFTAs. It was snowing and he still came over. Michael Caine was amazing, and Dave Grohl is the best. I'm a massive fan, so I just hoped I wouldn't say something stupid when I met him.



FAVOURITE CELEBRITY CRUSH?

I have a girl crush on comedienne Amy Schumer. I thought it was hilarious when she flung herself in front of Kim Kardashian West and Kanye West. The look on his face was priceless and he just sort of stepped over her.

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